

Asian Style Lettuce Wrap

Slow Cooker Asian Style Meat

- 1 1/2 lbs ground lean beef, chicken or turkey
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1 6 oz can whole water chestnuts, drained, finely chopped
- 1 T ground ginger
- 1 T coconut or brown sugar
- 1 t hot pepper flakes
- 1/2 c hoisin sauce
- 3 T soy sauce
- 2 T rice vinegar

For Slow Cooker

Combine all ingredients in a slow cooker. Cook on high for 3 hours, stirring once or twice. Test for doneness by checking to make sure meat is all browned.

For Programmable Electric Pressure Cooker

Combine all ingredients in the inner pot. Stir well. Insert pot into cooker, close, lock lid and turn the steam release handle to venting. Press Slow Cook; the indicator will read "Normal." Press Adjust twice to change the heat level to "Less." Press + to increase the cooking time on the display to 6:00. Or cook dish in 3 to 4 hours by changing the heat level to "More" and the cooking time to 3:00. When the timer beeps, remove the lid and check to make sure the meat is no longer pink. If more cooking is needed, reset the slow cooker to "Less" for 1 hour.

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- 1 Boston or iceberg lettuce, leaves separated
- Slow Cooker Asian Style Meat
- 3 scallions, sliced
- 1 carrot, finely grated

Serve meat in lettuce leaves garnished with scallions and carrots. Get creative by adding cooked rice noodles, mint leaves and cilantro sprigs. Go free-style by tossing ingredients and eating it like a salad. Don't blame me if you feel like you're having dessert for dinner. It's a mighty tantalizing combo of flavours. Serves 4-6.

from **175 Best Instant Pot Recipes** by Marilyn Haugen

Jittery Cook