

## **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.

## **Asian Style Lettuce Wrap**

- 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**