Ingredients:

- 1 (8 oz) package rice noodles
- 1 lb 90/10 ground beef
- · 3 cloves garlic, minced
- 1 Tbsp olive oil
- 1 (8 oz) carton fresh mushrooms, sliced
- 6 baby bok choy, chopped (about 1 1/2 lbs)
- · 2 cups unsalted beef broth
- 3 Tbsp low-sodium soy sauce
- 1 tsp ground ginger
- 1 Tbsp honey
- · 4 green onions, thinly sliced

Preparation:

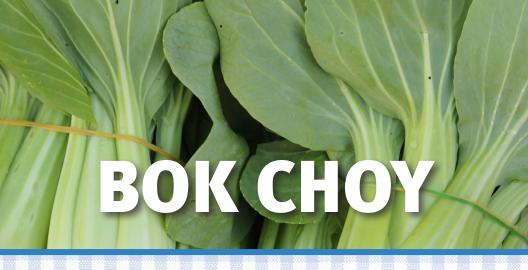
- Prepare noodles according to package directions. Drain & set aside
- In a medium bowl, combine beef & garlic. Scoop one tablespoon of beef into palm of hand & roll into a small ball. Repeat until all meatballs are made (approximately 24).
- In a large skillet, heat oil over medium-high. Add meatballs & cook 10 minutes or until browned, turning occasionally.
 Transfer meatballs to a plate & set aside.
- Add mushrooms to skillet & cook 2-3 minutes, stirring often.
 Add bok choy & cook 3 minutes until bright green & tender.
- Return meatballs to skillet. Add broth, soy sauce, ginger & honey. Bring to a boil & cook 3-4 minutes or until slightly thickened, stirring often.
- 6. Add noodles & mix well. Serve topped with green onions.

30 Min | Serves 6

6 servings per recipe Serving size	(340g
Amount per serving Calories	320
% D	aily Value
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 450mg	20%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	79
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 0mcg	09
Calcium 144mg	109
Iron 4mg	20%
Potassium 657mg	159



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In Season

May - June, October - November

How to Select

Choose firm stalks with fresh green leaves free of brown & yellow spots.

How to Store

Refrigerate unwashed bok choy in an open plastic bag up to 1 week.

Helpful Tip

When cooking seperate the leaves from the stalks & add stalks first as they take longer to soften. Bok choy is a great addition to any stir-fry!



