

THRIVE

KUNG PAO BEEF

2 tsp. Thrive Garlic
1/4 c. Green Chili Peppers
1/2 c. Thrive Onion Slices
1/2 c. Thrive Red Bell Peppers
1/2 c. Thrive Green Bell Peppers
1 c. Thrive Beef Dices
1/2 . Peanuts

1/4 c. Soy Sauce
1 T. BBQ Sauce
1 T. Sesame Oil
1 T. White Sugar
1 T. Cornstarch
1/4 c. Water

Put 2 T. vegetable oil into a frying pan. Add first 6 ingredients and saute for 1-2 minutes. Add 1 c. of water and allow to hydrate. Meanwhile combine sauce ingredients in small dish. Pour over beef mixture and add peanuts. Heat for 2-3 minutes or until sauce is thickened.

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