KALBI BISON AND BOK CHOY STIR-FRY
Serves 2 |  604 calories per serving

INGREDIENTS

1 lb frozen ground bison (can substitute any ground meat)
1 bunch baby bok choy
1 onion, diced
4 oz kalbi sauce (contains sesame, soybean, and wheat)
2 cups water
1 cup long grain white rice

Recipe created by Quan Hoang who serves as the Washington State Executive Mansion Chef. Quan has been sharing his culinary gifts at the Mansion since 2009, but his appreciation and lifelong passion for cooking began 25 years ago working in his family’s restaurant, cooking Thai and Vietnamese cuisine.

Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of sauce ingredients, please visit agr.wa.gov/services/food-access/cookwa

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PREP
- Thaw ground meat in fridge 1-2 days before planned meal.

MAKE STIR-FRY
- Bring 2 cups of water to boil in a medium saucepan.
- Stir in the rice and let the water return to a light simmer.
- Stir again. Cover the pot and turn the heat down to low so the rice simmers lightly.
- After 17 minutes, check to see if the rice is tender and all of the liquid is absorbed. If not absorbed, keep cooking on low for up to 25 minutes total.
- While rice is cooking, dice onions into small blocks.
- Use a sharp knife to slice off the thick base of the bok choy stem just above where the base of the leaves connect. (Dirt tends to collect towards the base of each stalk.)
- Rinse each individual stalk under cold running water, gently rubbing the leaves together to remove any dirt. Dry the stalks.
- In a large pan with oil on medium heat, cook chopped onions until translucent.
- Add ground meat and stir until crumbly and no longer pink.
- Stir in bok choy and half of the kalbi sauce.
- Add additional kalbi sauce to taste, then cook until bok choy is slightly wilted.

PLATE
- Serve stir-fry over the cooked rice.

Nutrition Facts

Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture’s (WSDA) Food Assistance Program.

Photos taken by staff and students from The Evergreen State College’s Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

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