

Asian Black Bean Pork Bowl



Ingredients

1 ½ cups / 375 mL sodium-reduced chicken broth
¼ cup / 50 mL black bean sauce
1 Tbsp / 15 mL unseasoned rice vinegar
2 tsp / 10 mL sesame oil
2 Tbsp / 30 mL cornstarch
1 tsp / 5 mL grated ginger root
3 Tbsp / 45 mL packed brown sugar
1 tsp / 5 mL red pepper flakes
1 lb / 0.5 kg lean ground pork
1 clove garlic, minced
2 cups / 500 mL sliced white or cremini mushrooms
1 red bell pepper, seeded and chopped
Prepared rice vermicelli or hot cooked rice for serving
Diagonally sliced green onions for garnish

Directions

1. In large bowl, combine broth, black bean sauce, rice vinegar, sesame oil, cornstarch, ginger, brown sugar and red pepper flakes. Set aside.
2. In nonstick skillet over medium-high heat, sauté ground pork and garlic until pork is thoroughly cooked and no pink remains, breaking up larger pieces with spatula, about 10 minutes.
3. Add mushrooms and bell pepper. Sauté 3 minutes or until vegetables are tender.
4. Add reserved sauce to skillet; simmer until slightly thickened, about 3 minutes.
5. Serve over prepared rice vermicelli or hot cooked rice.
6. Garnish with green onion.

Additional Info

- **Cut:** Ground pork

- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 15
- **Number of Servings:** 6