



RECIPES

Sesame Bison with Green Beans serves 4

1 pound green beans, ends trimmed
1 tablespoon Safflower or Sunflower Oil
3/4 pound flank of Bison steak, cut into thin slices (or ground) 2 1/2 tablespoons Braggs
Liquid Amino's or soy sauce from health food store
1 1/2 teaspoon ground Sucanat (or other sugar substitute) 1 teaspoon sesame or
sunflower oil

Slice beans into 1 1/2 -inch diagonal slices. Parboil 4 to 5 minutes or until tender-crisp. Drain & set aside.

Heat wok or large cast iron skillet over high heat. Add sesame oil or sunflower oil & stir -fry meat 1 to 2 minutes, or until it is no longer pink. Add beans & stir -fry 30 seconds.

Add Braggs or soy sauce, sugar & sesame or sunflower oil. Stir-fry 30 seconds.

Remove from heat. Add sesame seeds & toss. Serve hot or cold.