

Thai Beef on Orange Slices

Ingredients:

- 4 oranges (lg navel)
- 1/2 onion (sm minced)
- 3 garlic (cloves minced)
- 1 tablespoon water
- 1/2 teaspoon oil
- 8 ounce ground round (extra-lean beef)
- 1 jalapeno (sm pepper; seeded and minced (wear plastic, gloves, when handling))
- 2 tablespoon brown sugar (packed)
- 1 tablespoon soy sauce (reduced-sodium)
- 1/2 teaspoon cider vinegar
- 2 tablespoon cilantro (minced fresh)

Directions:

Peel the oranges. Cut each crosswise into 4 thick slices. Arrange on a platter. In a 10" no-stick skillet, combine the onions, garlic, water, and oil. Cook, stirring frequently, over medium-high heat for 3 minutes, or until the onions are soft but not browned. Add the beef. Cook and stir for 5 minutes, or until the beef is no longer pink. Add the peppers, brown sugar, soy sauce, and vinegar. Cook, stirring frequently, for 3 minutes, or until the liquid evaporates. Add the cilantro. Stir well to combine. Top each orange slice with the beef mixture. Makes 16 servings (appetizer) or 4 servings (light dinner) To freeze, pack the cooled cooked beef in 3 freezer-quality plastic container. Freeze for up to 3 months. To use, thaw overnight in the refrigerator. To serve: Microwave on high power for 5 minutes, or until hot. NOTES : This traditional Thai snack-spicy ground beef served on orange slices makes an unusual and refreshing appetizer. For authentic flavor, substitute Thai fish sauce for the soy sauce.