

Vegetable/Beef Lumpia

2 lbs ground beef
1 lb frozen french cut string beans
1 lb bean sprouts
2 medium carrots, cut into 1 inch sticks
1/2 cup of low-sodium soy sauce
salt and pepper to taste
2 packages of lumpia wrappers (35 wrappers each)
cup of water

In a medium pot, brown the ground beef, drain. Add the vegetables and cook until the carrots are almost tender. Add 1/2 cup of low-sodium soy sauce and stir. Add dashes of salt and pepper to your liking and stir.



A recipe from Dan Delcollo's web site
www.delcollo.us/recipeindex.html

Take one lumpia wrapper and place it on a plate. Add a tablespoon full of the vegetable/beef onto the bottom half of the lumpia wrapper. Fold the lumpia wrapper over the vegetable/beef horizontally just enough to cover it. Fold the sides of the lumpia wrapper vertically and roll. Seal the end with water. Repeat steps until you run out of lumpia wrappers or vegetable/beef. Fry in vegetable or canola oil until golden brown. Serve with La Choy sweet & sour sauce (may substitute with garlic/vinegar sauce).

This lumpia recipe can be modified in many ways. Instead of beef, you may use chicken. You may also add corn, minced onions and/or garlic powder.

Makes about 70 lumpia

Noreen



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