



# Beef & Veggie Power Blend Pot Stickers

**Servings**  
6

**Calories**  
430

**Prep Time**  
20 minutes

**Total Time**  
50 minutes

**Skill Level**  
Medium

## Ingredients

- 1 pound ground beef
- 2 cups Mann's Veggie Power Blend
- 2 cloves garlic, chopped
- 2 green onions, thinly sliced
- 1 tablespoon hoisin
- 1 tablespoon freshly grated ginger
- 2 teaspoons sesame oil
- 1 tablespoon hot sauce
- 36 wonton wrappers
- 2 tablespoons vegetable oil



## The Method

In a large bowl, combine beef, Power Blend, garlic, green onions, hoisin, ginger, sesame oil, and hot sauce. To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the beef mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal. Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side. Serve immediately with soy sauce, if desired.

### Nutrition Facts

Serving Size: 167g | Servings: 6

### Amount Per Serving

Calories 430 | Total Fat 23g (sat fat 7g trans 0g) | Cholesterol 60mg | Sodium 600mg | Total Carbohydrate 33g | Dietary Fiber 1g | Sugars 3g (Includes 0g Added Sugars) | Protein 21g | Vitamin D 0% | Calcium 4% | Iron 15% | Potassium 6%