



Beef & Napa Cabbage Stir Fry

A satisfying 2 serving dish that take 30 minutes to prepare

2 servings | 30 minutes

Ingredients

12 ozs Extra Lean Ground Beef
1/4 tsp Sea Salt (divided)
1 cup Matchstick Carrots
1 cup Broccoli (chopped into small florets)
4 stalks Green Onion (chopped, plus more for garnish)
1 Garlic (clove. minced)
1 tbsp Ginger (fresh. grated)
4 cups Napa Cabbage (finely sliced)
2 tbsp Coconut Aminos
1 tbsp Apple Cider Vinegar

Directions

Heat a large pan over medium heat. Once hot, add the beef and cook for four to six minutes or until cooked through. Break the meat apart as it cooks. Season with half the salt. Once cooked, set aside, leaving the fat in the pan. Add the carrots and the broccoli to the same pan and cook for three to four minutes or until just tender. Stir in the green onions, garlic, and ginger. Cook for one more minute. Add the cabbage. Mix well and cook, covered for two to three minutes or until wilted. Stir in the cooked beef, coconut aminos, apple cider vinegar, and the remaining salt. Cook until warmed through. Serve topped with more green onions (optional) and enjoy!