

CABBAGE BEEF SKILLET

This is a great go-to dish when I'm short on time. It's an Asian-inspired, hearty, low-glycemic recipe that makes great lunchtime leftovers! This dish provides 4 servings. *Each meal covers one serving of protein and one serving of vegetable.*



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Ingredients

1 lb. grass-fed ground beef

1-2 Tbs. coconut or avocado oil for sautéing

1 large onion, diced

2 cloves minced garlic

1 large head of cabbage, shredded or 2 bags coleslaw mix*

1/4 cup Tamari Sauce (gluten-free soy sauce) or Coconut Aminos (gluten-free, soy-free)

2 tsp. ground ginger

Crushed red pepper flakes, to taste (optional)

Adjust any seasonings with Pink Himalayan sea salt & black pepper

Directions

Brown ground beef in a large stainless-steel pot on one side. Turn and add in onions and garlic, stirring with the beef to brown evenly. Cook for 3-5 minutes. Add cabbage, Tamari, ginger, and red pepper flakes, stirring to mix well. Reduce heat to medium-low and cook 10-15 minutes, stirring occasionally, until cabbage is tender.

Adjust any seasonings to your taste. Enjoy!