

Beef & Napa Cabbage Stir Fry

10 ingredients · 15 minutes · 2 servings



Directions

1. 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.
2. Add the carrots and the broccoli to the same pan and cook for three to four minutes or until just tender.
3. Stir in the green onions, garlic, and ginger. Cook for one more minute.
4. Add the cabbage, mix well and cook, covered, for two to three minutes or until wilted.
5. Stir in the cooked beef, coconut aminos, apple cider vinegar, and the remaining salt. Cook until warmed through.
6. Serve topped with more green onions (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Use ground chicken, turkey, pork, or lamb instead of beef.

Additional Toppings

Cilantro or Thai basil.

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 tbsps** Coconut Aminos
- 1 tbsp** Apple Cider Vinegar