

ASIAN BEEF AND CABBAGE NOODLES

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

We love this dish! It makes for an easy Asian meal with a delicious sauce and lots of flavor. Make it even easier by using ground beef instead of sliced beef. This recipe makes four servings. One serving covers your protein and 1 cup of cooked vegetables per meal.



INGREDIENTS

- 1 lb. beef (thinly sliced top round/sirloin or ground beef)
- 1 Tbsp avocado oil
- 5 cups cabbage, thinly sliced into noodles
- 4 Tbsp Tamari soy sauce (GF) or coconut aminos
- 2 heaping tsps. Thai Kitchen red curry paste (Kroger/most stores)
(picture below)
- 2 Tbsp sesame oil
- 2 tsps. rice or white wine vinegar or apple cider vinegar
- 2 Tbsp Swerve Brown



INSTRUCTIONS

Heat a large skillet on medium-high heat. When hot, add the oil and sauté the beef until it is brown on one side.

Meanwhile, mix the curry paste, Tamari, sesame oil, Swerve Brown, and vinegar in a small bowl.

Turn the meat to brown the other side and add the cabbage, pouring the sauce over the top. Cover and cook for five minutes.

Stir the contents, mixing well, and cook for another five minutes for a softer cabbage noodle.

