



## Beef and Cabbage Stir-fry Bowl

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

Makes 1 serving covering your protein, fat, and veggies.



### INGREDIENTS

3 oz. grass-fed ground beef

1 Tablespoon avocado oil or coconut oil

1 cup of cabbage, chopped

½ cup tomato, chopped

½ cup onion, thinly sliced

Spices to taste: salt, pepper, garlic, basil, oregano, thyme, etc. (At least 1 teaspoon of each)

### DIRECTIONS

Brown beef in a large skillet or wok, adding spices to taste as you go. When beef is almost completely browned, add sliced onions, and chopped tomato. When onions begin to soften, add the cabbage and spice as well. Cook for about 10 more minutes, while stirring often until cabbage begins to soften.