

CABBAGE BEEF SKILLET

By Dr. Cindy Tazar
(Standard/Maintenance Plan)

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.



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 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!