



CURRY CABBAGE WITH BEEF

By Dr. Cindy Tanzar

(Standard/Maintenance Plans)

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



INGREDIENTS

3oz. lean ground beef
2 c. cabbage, shredded
1/16 tsp. coriander
1/8 tsp. curry
1/16 tsp. ground ginger
1 tbsp. coconut oil
stevia and other seasonings, to taste

DIRECTIONS

Brown beef in coconut oil, garlic, salt, and pepper. Add cabbage and rest of seasonings. Add 1/8 c. water and cover. Simmer until cooked through.