



MONGOLIAN GROUND BEEF

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Mongolian beef is a Taiwanese dish traditionally made with sliced beef and green onions. This recipe provides a quick, easy and less expensive version that still delivers all the sweet and spicy flavors that make it an all-time favorite. Mongolian beef is usually served over rice or cellophane noodles, but you can enjoy it with cauliflower rice or spaghetti squash for a healthier alternative – although it goes well with any vegetable you prefer.

This recipe makes 4 servings and covers your protein for one meal.



INGREDIENTS

- 1 lb grass-fed ground beef
- 1 Tbsp sesame or avocado oil
- 3 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- 2 Tbsp rice, white distilled or apple cider vinegar
- 1/3-1/2 cup Swerve Brown or Lakanto Golden, to taste
- 1/4 cup Tamari or Coconut Aminos
- 1/4 tsp crushed red pepper flakes, optional
- 1/2 cup thinly sliced scallions



DIRECTIONS

Heat a large pan over medium high heat. Add sesame oil, then add ground beef to brown, breaking into smaller pieces.

Add the garlic and ginger, cooking for one minute while stirring to prevent burning.

Add the vinegar, Swerve Brown, Tamari and red pepper flakes, stirring to mix well. Simmer until the liquid has absorbed and beef is not soupy.

Toss in the green onions, stir and serve.