

Beef & Veggie Cabbage Stir Fry

Ingredients

- 1/2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp grated ginger
- 1 lb 90/10 ground beef
- 1 cup diced onion (120 g)
- 5 cups sliced cabbage (300 g)
- 2 cups julienned red bell peppers (220 g)
- 1 cup shredded carrots (85 g)
- Salt & pepper to taste
- Toppings: green onions, sesame seeds, cilantro, sriracha
- Serve with rice or cauliflower rice

Stir Fry Sauce

- 3 tbsp coconut aminos
- 2 tbsp lime juice
- 1/2 tbsp honey (omit for Whole30)
- 1 tsp sriracha
- 1/2 tsp sesame oil
- 1/2 tsp fish sauce
- Pinch of pepper

Instructions

- Mix stir-fry sauce ingredients; set aside.
- Heat oil over medium heat.
- Add ginger & garlic; sauté 30 sec.
- Add beef, salt & pepper; brown 5–6 mins.
- Remove beef & set aside.
- Add onion + salt; sauté 2–3 mins.
- Add cabbage; cook 1–2 mins.

- Add bell peppers; cook 3–4 mins.
- Add carrots; cook 1–2 mins.
- Return beef + juices to skillet.
- Add stir fry sauce; mix & warm 1–2 mins.
- Serve with toppings.

Nutrition (estimated)

Est. per serving: ~390 kcal • 27g protein • 16g carbs • 23g fat (varies by toppings + sides)

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