

Beef & Cabbage Stir Fry

Recipe makes 6 meals

Ingredients

- 2 lbs 93/7 Lean Ground Beef
- 2 lbs Shredded Cabbage, (about 1 large head)
- 4 Garlic Cloves, chopped
- 1 medium Yellow Onion, chopped
- 1 bunch Green Onions, chopped
- 1 cup Less Sodium Soy Sauce
- 1/4 cup Brown Sugar
- 1/4 cup Rice Vinegar
- 1/4 cup Lime Juice
- 2 Tbsp Sesame Oil
- 1/2 tsp Ground Ginger
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 363

Fat - 15g

Carbohydrates - 23g

Protein - 36g

***Fiber - 4g**

**Estimated Cost
Per Meal**

\$2.95

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Instructions

- 1. Start by making your sauce. In a mixing bowl, add 1 cup soy sauce, 1/4 cup brown sugar, 1/4 cup rice vinegar, 1/4 cup lime juice, 2 Tbsp sesame oil, and 1/2 tsp ground ginger. Mix and set aside.**
- 2. Heat a VERY large skillet, or preferably a wok, over medium-high heat and add in your ground beef. Break it up a little and immediately add in your chopped onion.**
- 3. Brown your beef, breaking it up as it cooks. Once your beef is cooked through, add in your chopped garlic. Mix together and cook for an additional 60 seconds.**
- 4. *See notes* Add your shredded cabbage into your skillet and mix everything together.**
- 5. Cook your cabbage for 5-10 minutes, or until it reaches your desired tenderness, mixing often.**
- 6. Once your cabbage is cooked to your liking, pour in your sauce, add in your chopped green onions, and mix well. Cook for 1-2 minutes and then remove it from the heat.**
- 7. Give your stir fry a taste, and add salt and pepper to preference.**
- 8. Portion out into your meal containers.**
- 9. Enjoy!**

Notes

- **This recipe calls for a lot of cabbage. If your skillet/wok is not large enough to fit your ground beef and cabbage together, once your beef is cooked though, remove it from your skillet/wok and set it aside. Add your cabbage into the empty skillet/wok and cook it starting with Step 4 of the instructions. When your cabbage is done cooking, you can add your cooked ground beef on top of your meals in Step 8.**
- **There is a lot of versatility with this recipe. You can swap the ground beef for ground turkey or even ground chicken. You can also load this up with lots of veggies! I recommend using frozen veggies that have been thawed first. This will eliminate the need for additional cooking time on the stove.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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