

From Kathryn's Kitchen  
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## Cabbage Stir-fry

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Servings: Four (2 cups each)

### Ingredients:

- 1 lb. ground turkey or beef (*grass-fed*)
- 3 cloves fresh garlic, minced
- 1 thumb fresh ginger, minced
- 1 bunch green onions, diced
- 16 oz. broccoli slaw
- 16 oz. tri-color cabbage
- ½ cup water
- 2 tbsp. toasted sesame oil
- 1 tbsp. coconut oil
- ½ tbsp. sriracha
- ½ tbsp. crushed red pepper flakes
- 1 tbsp. sesame seeds (optional)



### Directions:

In a small skillet brown ground meat in coconut oil and set aside. In a large skillet sauté minced garlic, minced ginger, and diced green onions in toasted sesame oil on med-high heat. Add broccoli slaw, tri-color cabbage and ½ cup of water. Cover and continue to cook until veggies soften, approx. 10 minutes, stirring frequently. Add in the sriracha, cooked ground meat and the crushed red pepper flakes and stir until ingredients are well blended. Cover, turn off heat, let flavors meld, approx. 2 minutes. Divide into four containers (approx. 2 cups each) and refrigerate.

To Serve: re-heat individual servings as needed, add a sprinkle of sesame seeds and a drizzle of sriracha or organic coconut aminos to taste. Enjoy!!



Esthetician, Makeup Artist, Nutrition Specialist, Personal Trainer

Enjoy,  
Kathryn

