



Ashley's Meal Prep Monday!



INGREDIENTS

2 pounds ground meat - I used venison
 2 TBSP coconut/avocado oil
 1/2 medium yellow onion, diced
 1 TBSP minced garlic
 12 oz. frozen green beans

Optional to serve:

Rice, quinoa, crushed cashews, green onion

Stir Fry Sauce:

1/4 cup coconut aminos
 1/4 cup balsamic vinegar
 2 TBSP date paste OR coconut sugar
 1 TBSP arrowroot
 1/2 TSP salt
 1/2 TSP ground ginger
 1/2 TSP garlic powder



Stir Fry

Add oil to a large pan over high heat. Once hot, add frozen green beans - caution, this will sizzle! Saute for 5 minutes, stirring halfway through to create blacked bits, until just tender, then remove and set aside.

Add onion, garlic and ground meat to the pan, lowering to medium and cook for about 10 minutes or until the meat is browned and cooked through, draining any grease.

While meat is cooking, whisk together all of the stir fry sauce ingredients. Once meat is browned, add sauce and cook over medium heat for 1-2 minutes until sauce is thickened, Stir back in green beans.

Serve over rice or quinoa and add optional toppings if desired.

Recipe: www.wholefoodfor7.com

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