

Ashley's Meal Prep Monday!



General Tso's Ground Meat Bowls

INGREDIENTS

Sauce:

1/3 cup coconut aminos
2 TBSP rice vinegar
2 TBSP chicken/beef broth
1 TBSP blackstrap molasses
1 TSP coconut sugar
1 TSP garlic powder
1/2 TSP ginger powder
2 TSP arrowroot
salt/pepper

Bowls:

1 TBSP avocado oil
1 1/2 cup broccoli florets
salt/pepper to taste
1-2 lb ground meat (I used
elk venison)
2 TBSP green onion

*Cooked rice
or quinoa



Combine the ingredients for the General Tso's sauce in a bowl and whisk well. Set aside.

Using a large pan, heat oil over medium heat. Add broccoli and saute for 5 minutes or until lightly crisp. Season to taste and set aside. Add the ground meat to the pan and crumble until fully cooked. Lightly season with salt/pepper.

Add broccoli back to the pan. Pour the sauce over the cooked meat and broccoli and reduce the heat to low. Stir until the sauce thickens and fully coats the meat and broccoli.

Serve in bowls with a side of rice/quinoa and top with green onions.

Recipe: www.unboundwellness.com

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