CURRY CABBAGE WITH BEEF

Makes 1 serving covering your protein, fat, and veggies.

INGREDIENTS

3oz. lean ground beef

2 c. cabbage, shredded

1/16 tsp. coriander

1/8 tsp. curry

1/16 tsp. ground ginger

1 tbsp. coconut oil

stevia and other seasonings, to taste

DIRECTIONS

Brown beef in coconut oil, garlic, salt, and pepper. Add cabbage and rest of seasonings. Add 1/8 c. water and cover. Simmer until cooked through.