

Beef and Cabbage Stir Fry

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cabbage-with-beef-recipe>

Ingredients:

- 1 pound ground beef organic grass-fed
- 1 head cabbage organic, chopped
- 2 organic tomato chopped
- 2 onions thinly sliced
- 2 organic carrots grated
- pepper
- garlic
- basil
- oregano
- thyme
- spices
- salt

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 60 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 270 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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