

Chinese Take-Out, Made In

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-take-out-recipe>

Ingredients:

- 1 bag cauliflower Frozen Riced
- 1 cup bone broth *Kettle & Fire Beef
- 6 asparagus spears Diced
- 5 green onions Diced
- 1 whole egg
- 1/4 pound beef Ground Grass-Fed/Finished
- 1 teaspoon pickled ginger
- 1 tablespoon tamari sauce
- powdered garlic to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 70 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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