

Poor Man's Stir Fry

Use organic ingredients when available.

Ingredients

1 lb ground grass-fed beef or ground turkey
1 onion, chopped
Sesame oil
seasoning
1-2 packages of coleslaw
1/4 chopped green onion
3 tablespoons soy sauce (or coconut aminos if you're Whole30)
Sesame Seeds + Sriracha Sauce (omit if you're Whole30-use Frank's Red Hot for a little kick)
4 eggs cracked and whisked in a small bowl

Directions

1. Brown ground beef (or turkey) and chopped onion on medium heat in a large wok until meat is no longer pink and onions are translucent.
2. Add a drizzle of sesame oil, house seasoning, coleslaw, green onions, and soy sauce to the meat mixture and stir to combine.
3. Cover with a large lid and allow cabbage mixture to cook on medium, stirring occasionally until cabbage is done.
4. Once cabbage is soft, scoot ingredients to the outer edges of the wok while exposing a section of the bottom of the pan. {Add a drizzle of oil if needed.} Pour whisked eggs in open section and cook until done, stirring often.
5. Stir egg mixture in with cabbage mixture
6. Serve with sesame seeds + sriracha on top.

A friend shared this with me...thanks Gerri!

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