



Ground Beef, Vegetables & Cauliflower Rice

2 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 cups Bok Choy (baby, halved)
- 2 cups Cauliflower Rice
- 1/4 cup Shallot (sliced)
- 10 ozs Extra Lean Ground Beef
- 1 Carrot (small, julienned)
- 3 stalks Green Onion (roughly chopped)
- 1 tsp Coconut Sugar
- 2 tbsps Coconut Aminos
- 1/4 tsp Sea Salt

Directions

- 1 Heat half of the oil in a pan over medium-high heat. Add the bok choy and cook until browned on both sides, about five minutes. Remove and set aside.
- 2 In the same pan, add the cauliflower rice. Cook and stir occasionally, for about five to seven minutes or until desired doneness. Remove and set the cauliflower rice aside.
- 3 Add the remaining oil to the pan. Add the shallot and ground beef and cook for five minutes, breaking the meat up as it cooks. Add the carrot, green onion, coconut sugar, coconut aminos, and salt. Stir and cook for another 10 minutes or until everything has cooked through.
- 4 Serve the beef with cauliflower rice and bok choy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of cauliflower rice, one cup of beef mixture, and 1 1/2 cups of bok choy.

Additional Toppings: Top with cilantro.