

GROUND BEEF LETTUCE WRAPS



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Vegetable Oil	1 Tbsp.	Garlic Powder	½ Tsp.
Lean Ground Beef	1 lb.	Head Romaine Lettuce	1
Green Onions, Chopped	½	Paprika	½ Tsp.
Tomato Sauce	1 Tbsp.	Ground Cumin	½ Tsp.
Chili Powder	½ Tsp.	Red Cabbage, Chopped	½ Cup
Low-sodium Soy Sauce	1 Tsp.		



PREPARATION

- Heat the vegetable oil in a large skillet over medium-high heat.
- Add the ground beef to the skillet and cook until browned, breaking up any large chunks with a spoon or spatula.
- Add the green onions, tomato sauce, chili powder, soy sauce, and garlic powder, to the skillet. Stir until well combined.
- Reduce the heat to low and simmer for 10-15 minutes, stirring occasionally.
- While the ground beef mixture is simmering, prepare the lettuce wraps by separating and washing the leaves and patting them dry.
- Once the ground beef mixture is done, sprinkle the paprika and cumin mixture over it and stir to combine.
- To assemble the lettuce wraps, place a spoonful of the ground beef mixture onto each lettuce leaf.
- Top with chopped red cabbage and serve immediately.