



BEEF & CABBAGE SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef (96% Lean, Preferred)	5 Oz.	Worcestershire Sauce	1 Tsp.
Shredded Cabbage	3 Cups	Smoked Paprika	½ Tsp.
Mushrooms, Sliced	½ Cup	Onion Powder	½ Tsp.
Diced Onion	¼ Cup	Salt and Pepper, to Taste	
Cloves Garlic, Minced	2	Chopped Green Onions for Garnish	1 Tbsp.
Low-sodium Soy Sauce	1 Tbsp.		
SERVING SIZE	1		

PREPARATION

- Heat a large skillet over medium heat.
- Add the ground beef and cook until browned, breaking it apart with a spatula as it cooks.
- Drain any excess fat if needed.
- Add the onion and mushrooms and cook for 3–4 minutes until softened.
- Stir in the garlic and cook for 30 seconds until fragrant.
- Add the shredded cabbage and cook for 5–7 minutes, stirring occasionally, until the cabbage softens but still has some texture.
- Add soy sauce, Worcestershire sauce, smoked paprika, onion powder, salt, and pepper.
- Stir everything together and cook for another 1–2 minutes to allow flavors to combine.
- Top with green onions before serving.