

RECIPE OF THE WEEK: PALEO EDITION

Thai Beef with Basil

Ingredients:

Steamed Green beans (defrosted frozen French cut work great)
1lb extra-lean ground beef
handful of fresh basil leaves
1-2 garlic cloves, crushed
one lime

Instructions:

1. Heat fat in a pan over medium-high. (Recipe used coconut oil)
2. Sprinkle ground beef with salt and pepper, then brown in pan
3. When the meat is browned, add green beans, basil leaves, and the crushed garlic (If you don't have fresh garlic use garlic powder or leave it out)
4. When everything is cooked the way you like it, add a few splashed of coconut aminos and stir-fry another minute
5. Pile on a plate and squeeze the lime juice over the top.

Options:

Serve with Cauliflower Rice

Enhance your Taste:

Spicy: Add chili-garlic paste

More Veggies: Toss slices of Japanese eggplant into the stir-fry step

Sweeter: Replace green beans with snow peas or snap peas

Soupier: Throw it in a bowl and add beef broth and chopped fresh scallions

Exotic: Cut hard-boiled egg in half and use as garnish on the plate

Incorporate Healthy Fats: Sprinkle the top with crushed nuts and add more coconut oil to stir-fry step

Fusion: Skip nuts and add fat with slices of avocado

Complete Meal: Add Fruit for Dessert (Strawberries, raspberries, pineapple)

Compliments of Melissa Jouliwan of theclothesmakethegirl.com

