



CABBAGE AND BEEF STIR FRY

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 15 minutes

SERVES: 8

INGREDIENTS

- 1 head medium cabbage, shredded (about 6 cups)
- 2 small yellow onions, sliced
- 1 inch ginger, minced
- 4 garlic cloves, minced
- 1 pound lean ground beef
- ½ teaspoon of salt
- ½ teaspoon red pepper flakes
- ½ teaspoon black pepper
- 1 tablespoon of olive oil or sesame oil

PREPARATION

1. Chop cabbage, onion, ginger and garlic – set aside.
2. Season ground beef with ¼ teaspoon of salt, red pepper flakes, and black pepper.
3. Cook ground beef on medium heat until browned. Drain the fat and set aside.
4. In a large skillet, heat oil and add onions, garlic, and ginger until soft.
5. Add the cabbage to the skillet and season with remaining ¼ teaspoon of salt.
Cook until cabbage has softened.
6. Stir the beef into the cabbage and onion mixture and heat for 1 minute.

SOURCE

whatscooking.fns.usda.gov

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

8 servings per container
Serving size 1 cup (192g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 18g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 2mg	10%
Potassium 476mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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SOFRITO DE REPOLLO Y CARNE MOLIDA

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 8

INGREDIENTES

- 1 cabeza mediana de repollo, rallado (aproximadamente 6 tazas)
- 2 cebollas pequeñas, rebanadas
- 1 pulgada de jengibre, picado
- 4 dientes de ajo, picados finamente
- 1 libra de carne molida, magra
- ½ cucharadita de sal
- ½ cucharadita de copos de pimiento rojo
- ½ cucharadita de pimienta negra
- 1 cucharada de aceite de olivo o aceite de sésamo



PREPARACIÓN

1. Corte repollo, cebolla, jengibre y ajo – reserve.
2. Sazone la carne molida con ¼ de cucharadita de sal, copos de pimiento rojo y pimienta negra.
3. Cocine la carne molida a fuego medio hasta que esté dorada. Escurra la grasa de la carne y reserve.
4. En una sartén grande caliente el aceite y agregue la cebolla, ajo, y jengibre. Cocine hasta que estén suaves.
5. Agregue el repollo al sartén y sazone con la sal restante. Cocine hasta que repollo se haiga ablandado.
6. Revuelva la carne en la mezcla de repollo y cebolla y caliente durante 1 minuto.

FUENTE

whatscooking.fns.usda.gov

Receta modificada por CHOICES Programa Educativo de Nutrición

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