

Tangy Citrus Beef w/ Apples and Onions

Servings per recipe: 1

Each serving counts as 1 protein, juice of ½ lemon, 1 fruit, 1 vegetable

Ingredients

- 100 grams of veal or beef
- juice of ½ lemon
- 1 apple, chopped
- 100 grams sliced onion
- sea salt, pepper and desired spices

Directions

- Season pan with sea salt, pepper and spices.
- Add onion and a few Tbsp of water, simmer for a few minutes.
- Add meat and drizzle with lemon juice.
- Simmer till the meat is done.
- Serve with the hot juice poured over the meat.

