

# Mongolian Beef with Cabbage

## Ingredients

- 100 grams sliced beef
- 100 grams of cabbage, cut into fine strips
- ½ cup hCG Diet approved beef broth or water
- 1 tablespoon apple cider vinegar
- 3 tablespoons orange juice (optional)
- 2 tablespoons lemon juice
- 2 tablespoons Bragg's liquid aminos
- 1 tablespoon green onion, chopped
- 2 cloves of garlic, crushed and minced
- ¼ teaspoon chili powder or to taste
- Sea salt and pepper to taste
- Stevia to taste

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| Makes 1 serving<br>(1 protein, 1 vegetable) |
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| 23 grams protein |
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| 8 grams fat |
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| 205 calories |
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## PHASE 3 MODIFICATIONS:

Stir fry with additional vegetables such as bell pepper or zucchini. Cook Mongolian Beef with sesame, chili, peanut, or coconut oil and use soy sauce to add additional flavour. Top with 1 tablespoon of crushed peanuts if desired.

## Directions

1. Combine spices with liquid ingredients.
2. In frying pan or wok, stir fry on high heat to combine flavours and cook beef and cabbage.
3. Add additional water if necessary to keep dish from burning.
4. Add additional orange slices for added sweetness if desired.



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