



Thai Basil Beef

Ingredients

- 1 lb lean ground beef
- 2 TBSP olive oil
- 1 bell pepper, sliced
- 1 yellow onion, sliced
- 4-6 cloves of garlic, minced
- Fresh basil leaves

Sauce

- 2 TBSP soy sauce
- 1 TBSP fish sauce
- 1 TBSP honey
- 2 TBSP lime juice
- 1 TBSP chili paste

Directions:

1. Combine sauce ingredients in a small bowl; Whisk to combine; Set aside
2. Heat olive oil in a large skillet or wok over medium high heat; Add ground beef, breaking it up into pieces with a spatula; Cook until browned, about 5 minutes
3. Add bell pepper, onion, and garlic; Cook an additional 5 minutes; Pour sauce into skillet
4. Serve with rice and fresh basil; Enjoy!

Equipment

Large skillet or wok
Small bowl

Cost: \$ \$

Ease:



Health Benefit: Lean ground beef is a great source of protein for energy and helps keep us fuller for longer. Onion and garlic boost immunity and reduce inflammation.