



Ashley's Meal Prep Monday!



Egg Roll Soup

INGREDIENTS

1 lb ground pork, chicken,
or turkey
salt/pepper
2 TBSP coconut oil
1 small yellow onion, diced
4 cloves garlic, minced
1 small thumb ginger,
peeled and grated
1 cup carrots, shredded
1 green cabbage, sliced into
strips
6 cups chicken broth
3 TBSP coconut aminos
1 TBSP rice vinegar
2 TBSP green onion,
chopped
Sriracha to taste



Using a large pot, brown the meat on medium heat and lightly season with salt/pepper. Set aside once cooked and discard the fat.

Melt the coconut oil in the pot on medium heat. Add the onion, garlic, and ginger and sauté for 4 minutes or until softened. Add the carrots and sauté for another few minutes. Add the cabbage and stir, allowing it to barely soften.

Pour in broth, cooked protein, and coconut aminos and stir well to combine. Bring to a boil and reduce to a simmer for 20-25 minutes or until the cabbage is wilted. Add the rice vinegar at the end and stir to combine.

Season further to taste and top the soup with sliced green onion to serve.

Recipe: unboundwellness.com

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