



# Ashley's Meal Prep Monday!



## Ground Pork Stir Fry

### INGREDIENTS

1-2 pounds ground pork  
1 ½ cups mushrooms cut  
into slices  
½ medium onion sliced  
into wedges or diced  
1 cup carrots - match  
sticks or grated  
2 TBSP fresh grated  
ginger  
2 cloves garlic minced  
4 cups chopped leafy  
greens  
3 TBSP coconut aminos  
½ TBSP rice vinegar  
½ TSP sesame oil  
Garnish: sesame seeds  
and green onions

Heat a large pan or wok over high heat. Add ground pork (or beef if that's your jam) and let it cook down, breaking apart the meat and cooking until it's browned on all sides. Add at least one TBSP of coconut aminos, stir, and remove from pan and set aside.

Reduce heat to medium - you may need to add a TBSP of butter or coconut oil if you have lean meat - add in the onions and mushrooms (I also cut up a zucchini from my garden) and saute until mushrooms are a little brown. Add grated carrots and leafy greens (I used kale, also from the garden) and add ginger, garlic, rice vinegar, 1 TBSP coconut aminos, and sesame oil. Cook until greens are wilted, then mix in the meat.

Taste, add more aminos salt and pepper - serve over rice or use butter lettuce and make a wrap. Garnish with green onions and sesame seeds



Recipe Idea: [www.frugalinutrition.com](http://www.frugalinutrition.com)

CARTWRIGHT'S  
MARKET