



FUNCTIONAL NUTRITION
RESOURCES

simple. healthy. delicious.

COOKING WITH AMY



Mexican or Asian Style One Pan Meal

Mexican Style

1lb grass fed ground beef
1 Tbsp chefs grind smoked
paprika seasoning salt
1 Tbsp cumin
1/2 teaspoon chipotle powder
1 package cabbage slaw
1 package cauliflower rice
1-2 Tbsp avocado oil
Optional toppings: salsa,
avocado, guacamole, sriracha,
onion, etc.

Asian Style

1lb grass fed ground beef
1 Tbsp garlic powder
1 Tbsp ginger, ground or raw
1 teaspoon pink salt
2 Tbsp coconut aminos
1 package cabbage slaw
1 package cauliflower rice
1-2 Tbsp avocado oil
Optional toppings: green
onion, cashew, sesame,
sriracha, etc.

Cook meat over medium high heat in a pan with desired seasonings (coconut amino if asian inspired). Once meat well cooked, add coleslaw mix and cauliflower rice and cook until soft. If pan is getting dry, you may need add avocado oil. Once veggies softened, remove from heat and top with desired toppings.

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