**Cabbage Roll in a Bowl**

1. In Large Skillet brown 1lb of grass-fed ground beef & 1 chopped onion
2. Add 1 bag of Broccoli Slaw or Coleslaw Mix to the skillet
3. Stir in Sauce mixture:
   1. 1 tsp sesame seed oil
   2. 1 tsp of rice vinegar
   3. 1 T garlic powder
   4. Salt & Pepper
   5. ½ cup Organic Tamari (optional)
4. Cover & cook until the vegetables are soft, about 15 minutes

**Grocery List:**

1 pound organic grass-fed ground beef

1 chopped onion

1-2 packages of broccoli slaw and/or coleslaw mix

1 teaspoon sesame seed oil

1/2 cup Organic Tamari-optional

1 teaspoon rice vinegar

1 T garlic powder