CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Beef and Cabbage Slaw

Protein-Rich Warm Salad & Gut Support

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What This Supports

Supports protein intake, digestive comfort, and nutrient-dense vegetables.

Why It Works

Ground beef provides protein and iron, while cabbage, fennel, and ginger contribute fiber and compounds associated with digestive support.

Ingredients

Beef and Cabbage Slaw

Ingredients:

lb ground beef

tbsp coconut oil

tbsp chopped ginger

tbsp chopped garlic

cups thinly sliced red cabbage

cups thinly sliced fennel bulbs

cups matchstick kohlrabi

large carrots, grated

tbsp coconut aminos

Green onion, dill, (pomegranate seeds optional), and lemon wedge to serve

Directions

Green onion, dill, (pomegranate seeds optional), and lemon wedge to serve

. Prepare veggies and heat coconut oil on low in medium saucepan. Add garlic and ginger and cook for 2 minutes until softened.

. Add ground beef and break into crumbles. Increase heat to medium and cook for an additional 2 minutes.

. Place cabbage and fennel in pan. Stir and cook for 2 more minutes.

. Add coconut aminos and carrot and cook for 2 more minutes.

. Remove slaw from heat. Add kohlrabi and a squeeze of lemon juice.

Best Use

Works well as a warm salad for lunch or dinner, especially on training days.

Food Notes & Safety

Cook beef thoroughly and cool promptly after preparation.

Storage

Best eaten fresh; refrigerate leftovers up to two days.