



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOY VINEGAR BISON

Time: 20 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin coconut oil
1 pound ground bison
1 teaspoon kosher salt
½ teaspoon fresh ground black pepper
1 onion – chopped
2 cloves garlic - very finely chopped or crushed
½ teaspoon fresh grated ginger
1 pound green beans – trimmed and cut into 2" pieces
1 Anaheim pepper – seeded and chopped
1 tablespoon soy sauce
1 tablespoon white vinegar
½ teaspoon stevia

Preparation:

Place a wok on high heat and add the oil.

When the oil is hot, add the bison, sprinkling with the salt and pepper. Stir-fry the bison for three minutes while breaking it apart.

Add the onion, garlic and ginger to the wok, continuing to stir-fry for three more minutes.

Add the remaining ingredients to the wok and stir-fry for four minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 266
Fat: 10g
Carbs: 12g
Fibre: 4g
Protein: 32g