

BISON & BEAN SPROUTS

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons grapeseed or other neutral-flavoured oil
1 onion - thinly sliced
1 pound ground bison (or other grass-fed meat)
3 ½ tablespoons fish sauce
6 cups water
2 Thai chili peppers - sliced
½ teaspoon fresh ground black pepper
1 teaspoon xylitol or sugar
3 cups bean sprouts
1/4 cup Thai basil - torn

Preparation:

Place a large pot on medium heat. Add oil.

When the oil is hot, add the onion. Cook stirring occasionally for five minutes.

Turn the heat to high. Add the bison. Cook, breaking apart for five minutes.

Add the fish sauce and cook one minute.

Add the water, chilies, pepper and xylitol. When a boil is reached, stir in the bean sprouts, turn off the burner and cover for one minute.

Serve garnished with basil.

Nutritional Information Per Serving:

Calories: 216
Fat: 8g
Carbs: 10g
Fibre: 2g
Protein: 26g