

beef tinaktak

SERVES 4

RECIPE FROM: thedomesticman.com

COOK TIME: 20 minutes

- 1 Tbsp olive oil
- 1 cup chopped onion (about ½ onion)
- 1 lb grass fed ground beef
- 1 Tbsp tamari or coconut aminos
- ¼ tsp sea salt, more to taste
- ¼ tsp pepper, more to taste
- ¼ tsp ground ginger
- ¼ tsp granulated garlic
- 1 cup coconut milk (about ½ can)
- 1 (14.5oz) can diced fire-roasted tomatoes
- 1 lb green beans, trimmed and cut into 2" lengths

For added heat, serve with chopped jalapeno pepper or add a few squirts of hot sauce.



HEAT 1 Tbsp olive oil over medium-high heat in a large skillet.

ADD onion and sauté until softened, about 4 minutes.

ADD ground beef and sauté until browned and slightly crispy, breaking up chunks with a wooden spoon, about 8 minutes.

ADD tamari, salt, pepper, ginger and garlic.

STIR to combine and allow the tamari to caramelize, about 1 minute.

ADD coconut milk, tomatoes and green beans.

STIR to combine. Bring to a simmer, cover and reduce heat to low.

SIMMER until beans are soft and bright green, about 5 minutes.

UNCOVER and add more salt and pepper to taste, if needed.

MAKE IT A MEAL: Serve with cooked brown or wild rice or cauliflower rice.