

Slow Cooker Asian Lettuce Wraps



INGREDIENTS

MAIN DISH | MAKES 6-8 SERVINGS

- 2 lbs ground lean meat (chicken/turkey)
- 1 diced red bell pepper
- 1 cup grated carrots (approx. 2 carrots)
- 2 tsp minced garlic (or 4 cloves)
- 1/4 cup liquid aminos
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

OPTIONAL ITEMS TO SERVE WITH

- Rice (Brown or Jasmine)
- Lettuce Leaves (Boston Bibb or Butter)
- Sesame Seeds

INSTRUCTIONS

Adapted from New Leaf Wellness

- Add all ingredients to slow cooker (if cooking now) or a gallon ziplock bag (if cooking later).
- If cooking now, cook on LOW for 3-4 hours.
- If cooking after freezing, be sure to thaw overnight in the refrigerator & cook on LOW for 4-6 hours.
- Once it is nearly finished cooking, break the meat apart.

WAYS TO SERVE

- On a leaf of lettuce
- Over rice

KIDS

- My kids eat this over rice. I love that it is not a meal that I have to cut up before I serve it. It can be a little messy for a child that is new to using utensils, but is not a terrible clean up.

10 DAY CLEANSE | 24 DAY CHALLENGE

This is a great meal during the challenge. Consider eating it with a side of steamed broccoli or edamame so that you have a full serving of vegetables with it.

REHEATING + FREEZING

Not only is the freezer meal option outstanding, this meal also reheats really well.