

# Beef LoMein



## Ingredients

- 4 cups water
- 6.5 oz whole grain spaghetti
- 6 tbsp cabbage
- 7 tbsp red bell pepper
- 2 tbsp onion
- 1 tbsp garlic
- 1 tbsp ginger root
- 1/8 tsp vegetable oil
- 7 oz frozen cooked beef crumbles
- 1/4 tsp sambal oelek chili sauce
- 1-1/2 tsp teriyaki sauce, reduced sodium

## Notes

**Number of Portions:** 4

**Serving Size:** 3/4 cup

**Nutrition Facts:** 271 calories, 6.93 g fat, 3.17 g saturated fat, 220 mg sodium, 39.46 g carbohydrate, 6.54 g fiber, 1.3 g sugar, 16.14 g protein

## Directions

1. Cook spaghetti according to package directions.
2. Shred cabbage, slice peppers, small dice onions, mince garlic and ginger.
3. In a large pot on medium heat, add oil, onions, garlic, and ginger. Sauté until slightly brown. Add cabbage and peppers and continue to cook for 2 minutes. Add beef and continue to cook for another 5 minutes.
4. Add chili sauce and teriyaki sauce, mix well. Gently stir in cooked noodles and heat until internal temperature reaches 165° F.

