

Mongolian Ground Beef Noodles

INGREDIENTS

- **1 lb lean ground beef**
- **6 cloves garlic, minced**
- **1/2 cup coconut sugar**
- **1/2 cup low-sodium soy sauce**
- **10 oz linguine, fettuccine noodles or stir fry rice noodles**
- 3 TBS cornstarch or arrow root starch
- 1/2 cup water

Optional Toppings/Add Ins:

- 4 green onions, sliced
- Red pepper flakes
- Fresh ginger
- Sriracha

DIRECTIONS

1. Boil water for noodles and cook according to package instructions
2. Brown the beef in a skillet over medium-high heat for 4-5 minutes. Add garlic and ginger (if using) to the pan.
3. In a small bowl, mix together soy sauce, coconut sugar and cornstarch . Add to the skillet. Stir to coat beef. Cook for a couple of minutes.
4. Add cooked noodles and toss to fully coat in the sauce. Allow to sit for 2-3 minutes so noodles absorb maximum flavor.
5. Serve garnished with sliced green onions. Top with red pepper flakes or sirracha if desired