Thai basil ground beef/elk with brown rice

Ingredients

2 lb ground beef or elk

5 minced garlic cloves

S+P TT

2 C fresh basil leaves, divided (1 C left whole and the other cup chiffonaded)

2 carrots, small dice

1 head of bok choy, small dice

3 T lime juice

2 T soy sauce

1 T fish sauce

5-6 drops of stevia

1 C brown rice and 2.5 C water to cook rice

Procedure

1. Start cooking the rice and set aside when done
2. heat peanut oil in a **pot** to medium-high heat
3. Add garlic and cook until beginning to brown
4. Add ground beef, salt and pepper, breaking up and stirring fairly constantly until browned
5. Add the rest of the ingredients(leaving half the basil on the side) to the pot and cook until the carrots are al dente
6. Toss all ingredients together with the rice, adding the chiffonaded basil at the end)