



Grass-Fed Beef and Broccoli with Garlic Sauce

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

371.4 calories, 16.45 g carbohydrate, 2.15 g fiber, 14.3 g NET carbs, 59.4 g protein, 9.55 g fat

Ingredients

- 1 tsp Coconut Secret Coconut Aminos
- 6 clove(s) organic garlic, finely chopped
- 2 tsp(s) organic ginger, finely chopped
- 1 can sliced bamboo shoots, drained
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 1/2 tsp(s) arrowroot
- 1/4 cup(s) organic low sodium chicken broth
- 4 cup(s) organic broccoli florets
- 1 tsp organic sesame oil
- 16 ounce(s) grass-fed beef strip steaks

Preparation

1. Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8 inch slices.
2. Toss beef with salt and pepper.
3. Place broccoli in 1-inch boiling water; blanch just until bright green. Drain.
4. Mix coconut aminos and arrowroot; stir in sesame oil and broth.
5. Heat wok over medium high heat and spray with organic high heat coking spray.
6. Add beef; stir fry 2 minutes. Remove beef from wok.
7. Cool wok, wipe and respray. Heat wok over medium-high heat.
8. Add garlic and ginger; stir fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in aminos mixture; cook and stir 30 seconds. Serve.

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