



Paleo Beef Stir Fry

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

326.3 calories, 11.35 g carbohydrate, 2.38 g fiber, 8.97 g NET carbs, 25.19 g protein, 19.77 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 3 tsp(s) Coconut Secret Coconut Aminos
- 1 clove garlic, sliced
- 1/2 small(s) organic onion, sliced
- 1 cup snow pea pods, trimmed
- 1/2 tsp(s) fresh ground black pepper
- 8 ounce(s) grass-fed sirloin, cut into thin strips
- 1 Tbsp virgin coconut oil
- 1 medium green onion, finely chopped
- 1 tsp fresh grated ginger
- 1/2 medium(s) organic red bell pepper
- 1/2 whole, large(s) organic yellow bell pepper

Preparation

1. Heat a safe skillet or wok over medium high heat.
2. Add the oil and the beef and cook until browned.
3. Season with salt, pepper and coconut aminos.
Remove from pan and keep warm.
4. Add the garlic and ginger and cook for 1 minute, stirring.
5. Add the peppers, onions and pea pods and cook until crisp tender.
6. Add the beef back to the pan and cook until heated through.
7. Sprinkle with the green onions and serve with Cauliflower Rice.

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