



Ginger Beef and Broccoli

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

444.8 calories, 22.28 g carbohydrate, 8.48 g fiber, 13.8 g NET carbs, 32.18 g protein, 27.65 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 bunch(es) broccoli, cut into small florets
- 1 clove garlic, minced
- 2 medium(s) organic green onions, sliced
- 2 Tbsp(s) coconut oil
- 1/2 tsp(s) fresh ground pepper, to taste
- 8 ounce(s) grass-fed beef sirloin, sliced
- 1 tsp fresh ginger, grated

Preparation

1. Heat the coconut oil in a large skillet or wok.
2. Add the green onions and ginger and cook for 1 minute.
3. Add the garlic and sirloin, stir and cook until beef is browned.
4. Stir in the broccoli, and continue cooking until tender.
5. Season with salt. Serve.

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