



Grass-Fed Beef and Broccoli with Garlic Sauce (AIP)

Active Time: 20 minutes | Total Time: 20 minutes | Serves: 4

Nutrition Information Per Serving

189.9 calories, 8.9 g carbohydrate, 1.04 g fiber, 7.86 g NET carbs, 29.69 g protein, 4.89 g fat

Ingredients

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

Preparation

1. Shred or chop pressure cooker pot roast. Set aside. If using raw meat, slice crosswise into 1/4 inch strips and toss with salt. Set aside.
2. Place broccoli in 1-inch boiling water; blanch just until bright green. Drain.
3. Mix coconut aminos and arrowroot; stir in broth.
4. Heat wok over medium high heat and add coconut oil.
5. If using raw meat, add strips and toss to sear, about 2 minutes. Remove and set aside.
6. Add garlic and ginger; stir fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in pressure cooker pot roast and broccoli. Toss with coconut aminos blend and stir 30 seconds. Serve.

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