



Grass-Fed Beef and Bok Choy Stir-Fry (AIP)

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

Nutrition Information Per Serving

200.3 calories, 2.56 g carbohydrate, 0.38 g fiber, 2.18 g NET carbs, 24.85 g protein, 9.25 g fat

Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 4 head(s) organic baby bok choy, quartered
- 1/2 tsp(s) sea salt
- 1 pound grass-fed flank steak, thinly sliced
- 1 Tbsp organic avocado oil
- 1 Tbsp grated fresh ginger
- 1 Tbsp apple cider vinegar

Preparation

1. If using pre-cooked meat, shred or cut pressure-cooked pot roast. Set aside. Otherwise, cut beef crosswise in 1/4 inch strips. Toss with salt.
2. In a large, safe, nonstick skillet, heat the oil over medium high heat.
3. If using raw meat, add strips and toss to sear, about 2 minutes. Remove and set aside.
4. Add the bok choy and 1/4 cup water and simmer, covered, until tender, 2 to 3 minutes.
5. Meanwhile, in a small bowl, mix the vinegar, coconut aminos, and ginger. Add to the bok choy and bring to a boil.
6. Add the cooked steak and any accumulated juices to the pan and cook, tossing, until heated through, 1 to 2 minutes.
7. Season with salt. Serve.

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