



## Grass-Fed Beef and Broccoli with Mushrooms (AIP)

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

## Nutrition Information Per Serving

274.6 calories, 8.41 g carbohydrate, 0.45 g fiber, 7.96 g NET carbs, 28.7 g protein, 14.09 g fat

## Ingredients

- 1 cup Pacific Organic Bone Broth (Chicken)
- 3 tsp(s) Coconut Secret Coconut Aminos
- 16 ounce(s) grass-fed beef sirloin
- 3 tsp(s) arrowroot
- 4 ounce(s) organic white button mushrooms, quartered
- 4 cup(s) organic broccoli florets
- 6 clove(s) organic garlic, finely chopped
- 2 tsp(s) organic ginger, finely chopped
- 1/4 tsp(s) sea salt
- 1 Tbsp apple cider vinegar
- 1 tsp virgin coconut oil

## 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. Place broccoli in 1-inch boiling water; blanch just until bright green. Drain.
3. Whisk coconut aminos and arrowroot; stir in apple cider vinegar and 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 mushrooms to wok with accumulated juices and aminos- broth mixture. Saute 3 minutes.
7. Add garlic and ginger; stir fry 30 seconds. Stir in cooked beef and broccoli. Cook and stir 30 seconds.
8. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.