



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.

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