Beef and Broccoli

Servings: 3

Ingredients

Marinade

- 1/4 c coconut aminos (or soy sauce)
- 1 tsp ginger, grated
- 2 cloves garlic, minced

Stir Fry

- 1 lb beef, cut into 1/4" strips (tenderloin is best but anything without too much fat is good)
- 1/2 lb broccoli florets
- 1/4 c coconut oil
- 1 tsp sesame oil
- 1 tsp fish sauce

Directions:

1. Combine marinade ingredients together and cover beef. Let marinade for at least 2 hours or, ideally, overnight
2. Heat a wok or fry pan over medium heat, then add the coconut oil. Stir fry the broccoli florets until they reach the desired tenderness, anywhere from 5-15 minutes depending on your preference.
3. Strain the marinade off of the beef and reserve (it will become the sauce). Stir fry the beef until just cooked through, 3-4 minutes, before adding the marinade and broccoli back into the pan. Cook 1-2 minutes more, allowing the marinade to thicken and coat the beef and broccoli
4. Serve over rice

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