



Beef & Broccoli

2 servings

15 minutes

Ingredients

- 2 2/3 fl ozs Bone Broth
- 2 tbsps Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, minced)
- 1 tbsp Arrowroot Powder
- 1/2 tsp Avocado Oil
- 10 ozs Flank Steak (sliced against the grain)
- 3 cups Broccoli (florets, chopped)

Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	36g
Selenium	37µg

Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add toasted sesame oil once finished cooking.

Additional Toppings: Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

No Coconut Aminos: Use tamari instead.

No Arrowroot Powder: Use cornstarch or tapioca flour instead.

No Bone Broth: Use chicken, beef or vegetable broth instead.