

Beef and Broccoli

Ingredients:

- 1 lb flank steak or thinly sliced ribeye
- 2 Tbsp olive oil, divided
- 1 lb (16oz) precut broccoli florets
- 2 tsp sesame seeds, optional garnish

For the sauce:

- 1 tsp fresh ginger, grated
- 2 cloves minced garlic
- 1/2 cup hot water
- 6 Tbsp coconut aminos
- 3 Tbsp coconut sugar
- 1 1/2 Tbsp cornstarch OR arrowroot starch
- 1/4 tsp black pepper
- 2 Tbsp sesame oil

Directions

1. Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the coconut sugar, and set aside.
2. Place a large skillet over medium heat and add 1 Tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan.
3. While broccoli is cooking, cut steak into bite size pieces (I like using kitchen scissors for this step).
4. Add 1 TBS olive oil to the skillet and turn heat to medium/high. Add beef in a single layer and sauté 2 minutes per side or just until cooked through. Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken.
5. Add broccoli back into the skillet and stir to combine.

MADE WITH LOVE

by Teresa Forehand