



Beef with Broccoli

Makes 6-8 servings

- 2 Tbsp. Toasted sesame oil
- 5 cloves garlic, minced
- 2 Tbsp. ginger, minced
- 1-2 lbs. flank steak, cut into 1" slices
- 4-6 cups broccoli florets
- 1/2 cup green onion, thinly sliced
- 1/4 cup coconut aminos or Tamari GF soy sauce
- salt and pepper to taste
- 1 tsp. red pepper flakes (optional)

1. Heat sesame oil in a wok or skill over high heat.
2. Add garlic and ginger to wok, and saute for 2 minutes until oil is infused.
3. Add steak, stirring until browned on all sides.
4. Once steak is seared, add broccoli. Continue to saute over high heat.
5. Add green onion, and an extra tablespoon of oil if needed.
6. Add coconut aminos and season with salt, pepper, and red pepper flakes.
7. Continue to saute another 2-3 minutes, until all the flavors are combined.