



HEALTHY STIR FRY BEEF AND BROCCOLI

WHOLE30 | GLUTEN FREE | SOY FREE

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Original Recipe Link:

<https://shuangskitchensink.com/beef-and-broccoli-stir-fry/>

HEALTHY BEEF AND BROCCOLI STIR FRY

INGREDIENTS

Beef Stir Fry

- 1.2 – 1.5 lb Beef Flank Steak
- 1/4 cup cooking oil divided for stir-frying
- 1/2 head of broccoli
- 1 carrot cut into slices
- 1 clove of garlic minced
- 2 -3 tbsp coconut aminos beef marinate
- salt or to taste – beef marinate*
- 1 tbsp arrowroot flour beef marinate

Stir Fry Sauce

- [1/4 cup coconut aminos](#)
- 1/4 cup water or beef stock **
- 1 tbsp rice vinegar
- [1 heaping tbsp arrowroot flour](#)
- [2 tsp sesame oil](#)

INSTRUCTIONS

1. Cut the flank beef steak into medium/thin strips, marinate with coconut aminos, salt, and arrowroot flour. (Marinate while doing next steps- or for 20 minutes prior)
2. While the beef is marinating, clean then chop broccoli into small florets, lightly sauté with 1 – 2 tbsp of cooking oil for 3 – 4 minutes (while they still appear to be bright green).
3. In a small bowl, mix together all the ingredients for the stir fry sauce. Set aside.
4. Heat 2 – 3 tablespoons of oil in a large skillet over medium-high heat. Sautee the marinated beef and minced garlic for 3- 4 minutes then add sliced carrots. Continue to stir and cook until the beef is close to cooked through (another ~2 – 3 minutes depending on how thin you cut the beef).
5. Stir in broccoli then the stir fry sauce.
6. Turn the heat to low and stir gently until the sauce becomes sticky and thoroughly coat the beef and broccoli stir fry.
7. Serve the beef stir fry on a bed of rice and garnish with sesame seeds or chopped green onion (optional).

NOTES

1. * When salting the chicken, take into consideration that the coconut aminos is salty itself.
2. ** Use a little less water or stock if you are working with less beef . 1/4 cup is for 1.5 lb of beef for this stir fry.
3. *** Check out my **ONE secret ingredient** under "Tip for the Best Beef and Broccoli Stir Fry".
4. For a more flavorful dish- you can marinate and let sit in the fridge the morning of the day you will cook this dish