

Paleo Beef with Broccoli (Whole30/Keto friendly)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-recipe-for-chinese-beef-and-broccoli>

Ingredients:

- 1 pound beef sirloin, skirt steak, boneless short ribs...etc.
- 2 heads broccoli break into florets
- 2 cloves garlic minced
- 2 pieces ginger thin sliced, finely chopped
- ghee or cooking fat of your choice
- 2 tablespoons coconut aminos
- 1/2 teaspoon coarse sea salt
- 1 tablespoon sesame oil
- 1/4 teaspoon black pepper
- 1 teaspoon arrowroot /sweet potato powder
- 1/4 teaspoon baking soda baking soda, is whole30 friendly. See notes section.
- 2 tablespoons coconut aminos
- 1 tablespoon fish sauce red boat
- 2 teaspoons sesame oil
- 1/4 teaspoon black pepper