



# Beef with Mushrooms

By Dr. Cindy Tazar  
(Standard/Maintenance Plans)

Makes 1 serving covering your protein, fat, and veggies.



## INGREDIENTS

- ¼ cup almond flour
- ½ teaspoon Himalayan Salt
- ¼ teaspoon freshly ground pepper
- 3 oz. cooked beef, cut in strips
- 1 tablespoon coconut oil
- 1 cup sliced mushrooms
- ½ cup sliced scallions
- ½ cup sliced celery
- ¼ cup of chicken broth

## DIRECTIONS

Combine almond flour, Himalayan salt, and pepper together in a shallow dish. Add beef to coat all sides. Heat ½ tablespoon of coconut oil in a large skillet on medium high heat. Add beef and cook until just browned. Add mushrooms, scallions, celery, and the remaining ½ tablespoon of coconut oil. Cook, stirring frequently for about five minutes, or until vegetables are tender. Stir in broth. Continue to cook about five minutes then serve.