

EASY GROUND BEEF TERIYAKI

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

This recipe shows the ease and versatility of making a teriyaki flavored dish without a lot of work. You can really use any protein and vegetable combination to make a tasty teriyaki dish.

This recipe provides 4 servings. One serving covers your protein and 1/2 cup cooked vegetable for one meal.



INGREDIENTS

- 1 Tbsp avocado oil
- 1lb grass-fed ground beef
- 1 small onion, sliced in half and cut into small wedges
- 2-1/2 cups zucchini (sliced in coins and quartered) or broccoli florets, sliced in half
- 1 recipe Genesis Teriyaki Sauce (recipe below)
- Sliced green onions, optional
- Sprinkle with sesame seeds, optional

INSTRUCTIONS

Heat a large skillet over medium-high heat. Add the onion, cooking until lightly browned. Add ground beef, breaking apart into smaller pieces as it cooks.

Add the zucchini or broccoli and teriyaki sauce and simmer until the vegetables are crisp but tender.



Teriyaki Sauce

1/2 cup water

1/4 cup Coconut Aminos or Tamari (gluten-free soy sauce)

1 Tbsp Bragg's apple cider vinegar

1/2 tsp. liquid stevia OR 2-3/4 Tbsp. Swerve Brown or Lakanto

Golden Monkfruit

Fresh ginger – cut off an inch and mince OR 2 cubes Dorot

Gardens frozen crushed ginger (freezer section at stores)

1 clove garlic, minced

1 tsp. sesame oil

1 tsp. toasted sesame seeds (lightly brown briefly in a pan)

1/4 tsp. xanthan gum (use for sauce, but not marinade) **

In a small saucepan combine water, Coconut Aminos/Tamari, apple cider vinegar, stevia/Swerve, ginger, garlic, sesame oil and sesame seeds. Bring to a boil. This is all you need to use as a marinade.

Very lightly sprinkle or dust xanthan gum over the sauce, tapping the measuring spoon lightly to avoid clumping. Mix well. The sauce does not need further cooking, as it will thicken with the stove turned off as it sits.