

GINGER BEEF AND VEGETABLE STIR FRY

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

The flavors of Asian cooking are always satisfying and often requested on our program. Stir fry can be very healthy if you use healthy oils for cooking and very versatile if you just substitute some of your favorite vegetables for the ones listed below. Tamari is a gluten-free soy sauce that can be found in most grocery stores in the health food or regular aisles.

This recipe makes 2 servings covering your protein and vegetable.



INGREDIENTS

- 2 Tbs. extra virgin olive oil
- 1 Tbs. Bragg's Apple Cider Vinegar
- 1 Tbs. Organic Tamari (gluten-free soy sauce)
- 1 Tbs. organic, extra-virgin coconut oil
- 6 ounces sirloin, cut into thin strips
- 2 cups organic broccoli florets
- 2 cloves minced garlic
- 1-2 tsp. fresh-grated ginger (depends on your love for ginger!)



½ tsp. crushed red pepper flakes (optional)
2 cups thinly sliced cabbage (green or red)
1 lime

INSTRUCTIONS

Whisk together the olive oil, vinegar and Tamari. Set aside.

Heat a large stainless-steel skillet on medium-high heat and add coconut oil. When hot, brown the beef slices on both sides. Remove from pan and keep warm.

Add broccoli, garlic and ginger, and red pepper flakes, stir frying until just starting to become tender, then add the cabbage. Cook 2-3 minutes or until desired tenderness.

Remove from heat and add oil and vinegar mixture, stirring until well-coated. Serve with a lime wedge for an extra burst of flavor!