

Winter Vegetable and Beef Stir Fry

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 1 serving. Covers your protein and vegetable at a meal.



INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1 teaspoon coconut oil
- 1 tablespoon apple cider vinegar
- ½ tablespoon Bragg's liquid aminos
- 1 medium garlic clove, minced
- 1 teaspoon ginger, fresh grated
- ½ teaspoon red pepper flakes
- 3 ounces beef or steak, boneless cut into strips
- 1 cup broccoli, cut into florets
- 1 cup cabbage, green shredded
- 1 medium lime, juiced



INSTRUCTIONS

1. Mix the extra virgin olive oil with the cider vinegar, Bragg's liquid aminos, garlic, ginger, and red pepper flakes. Whisk until well combined and set aside.
2. Heat the coconut oil in a large, heavy skillet. Add the beef and cook until browned. Remove from pan and add the broccoli. Cook until just starting to get tender and add the cabbage.
3. Cook and stir until veggies are slightly soft and add the oil mixture. Stir, add the beef, and stir until well coated. Add the lime juice just before serving.