

# Broccoli Beef Stir Fry

Makes 1 serving. Multiply ingredient amounts to make more for the whole family

Time to make - 15 min

## Ingredients:

- 4oz of lean 100% grass-fed ground beef (90% lean 10% or higher lean to fat ratio)
- ½ cup of frozen broccoli florets
- ¼ cup of Minute Rice brand brown rice
- ¼ cup of bone broth
- 3 Tbsp of Primal Kitchen soy-free teriyaki sauce
- 2 tsp of soy or tamari sauce (taste like soy but is soy and gluten free)
- 1 clove of garlic - minced
- 1 tbsp of black or white sesame seeds
- Dash to ⅛ tsp of sea salt

## Directions:

1. Add bone broth and instant Minute Rice and salt to a small pan and cook on medium heat (7-9 min). Use less salt if your broth is salted
2. While rice is cooking, brown ground beef in a saute pan at medium-high heat. About halfway through cooking (about 3 min in), add minced garlic and frozen broccoli. Cook all until broccoli is thawed and meat is cooked through (about 5-7 min).
3. Turn off heat. Add tamari sauce and teriyaki sauce to saute pan and mix until covered. Add sesame. Add sesame seeds.
4. Add rice to bowl and top with beef and broccoli. Enjoy