

Beef Teriyaki



Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 267

Total Fat: 8 g

Carbs: 29 g

Protein: 25 g

Ingredients

8 oz grass-fed beef, sliced
Juice of 1 lemon
1tsp olive oil
1 cup water, divided
1onion,chopped
1 heat broccoli, chopped (about two cups)
1 bunch baby bok choy, chopped (about 1 ½ cups)
4 cups kale, chopped
3 tsp low-sodium soy sauce
1” piece ginger, peeled and minced
2 cloves garlic, minced
1tsp toasted sesame oil
1 lemon, zest and juice
2tbsp maple syrup
1 tbsp arrowroot

Directions

1. Place beef strips in a bowl and toss with lemon juice.
2. In a large skillet set on medium heat, brown meat in oil for 5 minutes. Add ½ cups of water plus onion, broccoli, bok choy and kale. Cover and reduce heat. Let it cook for about 10 minutes.
3. Meanwhile, place remaining (except arrowroot) plus remaining ½ cup of water in a blender and blend to combine. Heat in a small pan. Remove ¼ cup of heated sauce and place in small bowl; mix until thickens. Pour onto beef and vegetables. Serve.