



cara price

BEEF STIR FRY

INGREDIENTS

- 2 pounds flank steak, tenderized & cut {see above}
- 10 ounces shredded carrots
- 1 red bell pepper, cut into thin strips
- 1" piece of ginger root, peeled & chopped fine
- 4 cloves garlic, minced
- 1 bunch green onions, finely chopped {white parts too!}
- 1 cup cilantro, chopped & loosely packed
- 1 serrano pepper, seeded & finely chopped
- 1/4 cup coconut aminos
- 2 tablespoons coconut oil
- 1 tablespoon sesame oil
- 1 tablespoon chinese 5 spice
- 2 teaspoons salt
- 1/2 teaspoon pepper

DIRECTIONS

wash & prep all your veggies first, then use a tenderizer on your meat & cut it into strips.

place oil in the bottom of a large, flat skillet. turn heat to medium-high. once the oil is hot, place steak in the pan & sprinkle with all the seasonings. stir to coat all the meat & then stir occasionally to keep browning all sides.

once the meat is browned on the outside, remove it with a slotted spoon to a bowl & keep warm.

place carrots, bell pepper & serrano pepper in the remaining oil & drippings & brown, stirring often for about 5 minutes.

add in ginger, garlic & green onions & sauté for 1 minute.

reduce the heat to medium, stir in the coconut aminos & the cilantro. add meat back into the pan & combine all the ingredients. reduce heat to low, cover & cook 15 more minutes.

serve immediately with cauli-rice.