

Beef Stir Fry

Low Carb Beef Stir Fry

Ingredients

- 4 Tbs Lite Soy Sauce
 - 1 large onion, cut into strips
 - 3-4 garlic cloves, minced
 - Beef, top sirloin, cut into strips
 - 1 Tbs sesame oil
 - 2 Tbs seasoned rice vinegar
 - 1 Tbs ground ginger
 - 3 cups fresh broccoli, rough chopped
 - 2 Cups cabbage (pak choi)
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Directions

Chop up all veggies, set aside. In wok or deep skillet over medium high heat add soy sauce. Then add onion and garlic, saute until onions are clear, about 5 minutes.

In small bowl mix vinegar, ginger and sesame oil. Set aside.

Add beef into wok and cook to desired level (I like medium rare), usually 6-10 minutes. Once beef is cooked add in vinegar mixture and broccoli and cook for another 5 minutes until broccoli is tender, but not limp.

Serve over brown rice.

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Direct recipe link: <https://www.keyingredient.com/recipes/171179387/beef-stir-fry/>