Teriyaki Beef & Vegetable Stir Fry

Ingredients-

1 lb. beef strips

1 head broccoli

3 large carrots

1 can water chestnuts

1 red bell pepper

2-3 tsp minced garlic

1 tsp ground ginger

½ cup beef broth

Marinade Sauce-

½ cup brown coconut sugar

½ cup coconut aminos

1 tsp minced garlic

1 tsp ground ginger

¼ cup water

1/8 cup coconut oil

½ cup beef broth- (added right before the sauce goes into the pan)

Directions-

Tenderize beef strips in 1 tsp baking soda dissolved in ½ cup water for 15 minutes.

Rinse meat and place in ¼ cup of the sauce and marinade for 4-6 hours.

Sautee veggies in coconut oil for 4-5 minutes then remove from pan and set aside.

Brown the beef and add another 1-2 tsp of garlic to the pan.

Add veggies back into the pan and toss.

Add ½ cup of beef broth to the sauce mixture and then add it to the pan.

Once it comes to a simmer add 2 tsp of arrowroot starch dissolved in ¼ cup water to the pan to thicken the sauce.

Simmer until thick.

Serve over cauliflower rice.