

# BEEF AND BROCCOLI WITH CAULIFLOWER RICE



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Beef Round Steak, Cut Into Strips  
Soy Sauce  
Garlic Powder  
Onion Powder  
Ground Ginger

### QUANTITY

12 Oz.  
2 Tbsp.  
½ Tsp.  
½ Tsp.  
¼ Tsp.

### ITEM

Stevia  
Beef Broth  
Fresh Broccoli Florets  
Cauliflower Rice

### QUANTITY

½ Packet  
½ Cup  
2 Cups  
2 Cups



## PREPARATION

- In a bowl, mix the beef strips with soy sauce, garlic powder, onion powder, ground ginger, and stevia. Let it marinate for 10-15 minutes.
- Heat a non-stick skillet over medium heat. inutes.
- Add the marinated beef and cook for 3-5 minutes, stirring occasionally, until browned. Remove and set it aside.
- In the same skillet, add beef broth and broccoli florets. Cover and steam for 3-4 minutes until the broccoli is tender but still crisp.
- Add the beef back to the skillet and stir everything together. Let it simmer for another 2-3 minutes, allowing the flavors to combine.
- In a separate skillet, lightly sauté the cauliflower rice over medium heat for 3-4 minutes until heated through. Season with a pinch of salt if desired.
- Serve the plate with cauliflower rice and top it with the beef and broccoli mixture. Enjoy!