



## Ginger Beef Stir Fry

4 servings  
30 minutes

### Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 1 lb Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

### Nutrition

Amount per serving	
Calories	341
Fat	14g
Saturated	7g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	40g

### Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

### Notes

**Alternative Vegetables,** Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

**More Carbs,** Serve with brown rice or quinoa.

**Vegan & Vegetarian,** Use cooked chickpeas or tofu instead of beef.

**No Beef,** Use diced chicken breast instead.

**More Greens,** Stir in kale or baby spinach until wilted.