

Beef Broccoli Bowl

Servings: 2

RECIPE BOX

INGREDIENTS

10 OUNCES SIRLOIN STEAK, CUT INTO STRIPS
1/2 CUP MUSHROOMS, SLICED
1/2 CUP ONIONS, SLICED
1 1/2 CUPS QUINOA
10-12 OUNCES FROZEN BROCCOLI
COCONUT AMINOS TO TASTE
PEPPERCORNS TO TASTE
1/4 CUP OF WATER



DIRECTIONS

STEP 1: Add 1/4 cup of water to a large pan, add a pinch of salt. Heat stove top so water is boiling. Add frozen broccoli to pan and cover for 5-8 minutes, set aside.

STEP 2: Spray pan with cooking spray, cook steak to preference, adding peppercorns, onions, and mushrooms halfway through.

STEP 3: Separately prepare quinoa according to package direction.

STEP 4: Serve all ingredients in a pan and simmer (or serve separately).

GF This recipe is gluten free as written.

V Use firm tofu rather than steak

Nutrition per Serving: Calories 384, Fat 16g, Carbs 55g, Fiber 5g, Sugars 0g, Protein 36g

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