

Beef Stir Fry with Cauliflower Rice



Submitted by: Isabel De Los Rios

Servings: 2

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Protein	Fats	Carbs
4	0	2

Classic beef stir fry with cauliflower rice.

INGREDIENTS

1/2 lbs. beef sirloin
1/2 med. green bell pepper
1/2 med. zucchini
2 c. cauliflower rice
2 tbs. tamari, organic

DIRECTIONS

Cut beef and bell pepper into strips. Quarter zucchini lengthwise; cut into smaller wedges.

Cook beef strips in a large skillet over medium heat, turning to brown all sides. When beef is just about done, add bell pepper, zucchini, and cauliflower rice. Cook, stirring occasionally. Add tamari, stir to evenly distribute, and cook until veggies have reached desired tenderness.