

BEEF AND SNOW PEAS

Time: 20 Minutes

Serves: 4

Ingredients:

- 1 tablespoon virgin coconut oil
- 3 cloves garlic – finely chopped
- 1 shallot – finely chopped
- 1 teaspoon fresh ginger – finely chopped
- 1 pound beef sirloin – sliced
- 1 red bell pepper – seeded and sliced
- 6 green onions – cut into 1" pieces
- 6 ounces snow peas
- ½ cup chicken stock
- 2 tablespoons soy sauce
- 1 teaspoon sugar equivalent of stevia
- 1 teaspoon Sriracha (chili/garlic sauce)

Preparation:

Preheat a large wok on maximum heat and add the coconut oil. Once the oil is heated, add the garlic, shallot and ginger, stirring constantly for thirty seconds.

Add the beef and stir constantly for two minutes.

Add the pepper, onions and snow peas to the wok, stirring constantly for three minutes.

Pour in the chicken stock and soy sauce then stir in the stevia and Sriracha. Continue to stir constantly for two minutes then remove from heat and serve immediately.

Nutritional Information Per Serving:

- Calories: 207
- Fat: 9g
- Carbs: 6g
- Fibre: 2g
- Protein: 27g