



# Keto Beef and Broccoli

<https://classicbakes.com/recipes/keto-beef-and-broccoli>

- **Prep Time:** 70 mins
- **Cook Time:** 10 mins
- **Total Time:** 80 mins
- **Serves:** 4 persons.



## Ingredients

For Beef and Broccoli:

- 3/4 lb top [Sirloin steak](#), thinly sliced
- 1/2 pound [Broccoli](#), florets
- 1/4 cup [Olive Oil](#)
- 1 [Red Bell Pepper](#), sliced
- 1 teaspoon [Toasted Sesame Oil](#)
- 1 teaspoon [Fish Sauce](#)

For Beef and Broccoli Marinade:

- 1/4 cup [Coconut Aminos](#)
- 1 teaspoon Fresh [Ginger](#), minced
- 3 cloves [Garlic](#), chopped

## Instructions

Beef and Broccoli Marinade Preparation:

1. Place coconut aminos, minced ginger and garlic cloves in a [bowl](#), mixing well.

Beef and Broccoli Preparation:

1. Place beef in the marinade. Cover and [refrigerate](#) for 1 hour.
2. Once your beef is done marinating, remove it from the marinade—Reserve marinade for the stir-fry sauce.
3. Place broccoli in boiling water, blanching for 2 minutes. Drain well using a [colander](#).
4. In a [large wok](#) over medium-high heat, add olive oil.
5. Once the oil is hot, add beef and stir-fry for about 3 minutes, then place beef on a [plate](#).
6. Add broccoli and red bell peppers to the wok, and stir-fry for about 3 minutes.
7. Add marinade and cook for 2 minutes.
8. Add beef to wok to warm up, and add fish sauce and toasted sesame oil. Serve with cauliflower rice or low-carb noodles.

**Full recipe:** <https://classicbakes.com/recipes/keto-beef-and-broccoli>