

Avocado Beef Stir Fry

9 ingredients · 20 minutes · 2 servings



Directions

1. Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
2. Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

Notes

Serve it With

Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

No Beef

Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens

Stir in kale or baby spinach until wilted.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 2 **tbsps** Sesame Oil
- 3 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 Yellow Onion (small, sliced)
- 1/2 **lb** Top Sirloin Steak (thinly sliced)
- 1 **tbsp** Tamari
- 1 1/2 **tbsps** Red Wine Vinegar
- 1 **tsp** Sea Salt
- 2 Avocado (peeled and cubed)

Nutrition

Calories	724	Cholesterol	89mg
Fat	59g	Sodium	1759mg
Carbs	25g	Vitamin A	293IU
Fiber	15g	Vitamin C	25mg
Sugar	6g	Calcium	83mg
Protein	28g	Iron	3mg