

# Beef & Broccoli Stir Fry Recipe

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Prep Time  
5 mins

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Cook Time  
15 mins

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Total Time  
20 mins

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4.67 from 6 votes

Course: Main    Cuisine: Chinese    Servings: 6 servings

Calories: 330kcal    Author: Katie Wells

## Ingredients

- 2 lbs beef (sirloin, thinly sliced)
- ¼ cup coconut aminos (+ 3 tsp more for marinating)
- 2 lbs broccoli
- 3 TBSP fish sauce (or oyster sauce)
- ¼ cup beef broth
- 1 TBSP arrowroot powder
- 3 TBSP butter (or coconut oil)
- 1 medium onion (thinly sliced)
- 3 cloves garlic (minced)
- 1 tsp sesame seeds (optional)

## Instructions

1. In a medium bowl, mix together the sliced beef and ¼ cup coconut aminos and marinate at least 10 minutes or as long as overnight.
2. Cut the broccoli into florets and cook it in lightly salted boiling water for 3-4 minutes until slightly tender.
3. Drain the broccoli.
4. While the broccoli is cooking, whisk together the remaining 3 teaspoons coconut aminos, fish sauce, broth, and arrowroot and set aside.
5. Preheat a wok or large skillet and add the butter or coconut oil.
6. Drain any liquid off the marinated beef and put into the preheated skillet or wok.
7. Cook 2-3 minutes, stirring every 30 seconds.
8. Add the sliced onion and garlic and cook 2 minutes.
9. Add the cooked broccoli and cook one additional minute.
10. Pour the sauce over the cooked meat and vegetables and heat until warm and thickened slightly.
11. Top with sesame seeds if desired and enjoy.

## Notes

Serve over rice or cauliflower rice.

## Nutrition

Serving: 2 cups | Calories: 330kcal | Carbohydrates: 14g | Protein: 38g | Fat: 13g | Saturated Fat: 6g | Cholesterol: 107mg | Sodium: 988mg | Potassium: 1053mg | Fiber: 4g | Sugar: 3g | Vitamin A: 1120IU | Vitamin C: 136.7mg | Calcium: 132mg | Iron: 3.8mg