Broccoli & Green Bean Beef Bowl

SERVINGS: 4-6

Ingredients

2 Tbs. toasted sesame oil
1 Tbs. olive or avocado oil
1 pound green bean pieces
1-2 heads broccoli, cut up
1-2 Tbs. grated fresh ginger
4 garlic cloves, diced
4 green onions, sliced
1-1/2 pounds ground beef
2 Tbs. honey, or to taste
2 Tbs. legal vinegar
pinch red pepper flakes, opt.

Cauliflower rice, for serving
(White rice for non SCDers)
1/4 c. unsalted peanuts, opt.

Directions

1. Heat half the oils in a large skillet over medium-high heat until very hot, about 2 minutes. Add the green beans and cook, stirring, until bright green and just starting to blister, 4-6 minutes. Remove to a plate.
2. Heat remaining oils and cook broccoli until bright green and edges are just starting to brown; remove to a plate.
3. Add ginger, garlic, and onions to pan; cook 1 minute, then add beef and cook, stirring and breaking it up until cooked through, 3-4 minutes. Add the honey, vinegar, and pepper flakes. Salt and pepper to taste.. Cook about 2 more minutes.
4. Return green beans and broccoli to the skillet and toss. Remove from heat. Serve over cauliflower rice and top with peanuts.

This fresh and complete meal is fun served in large soup bowls, and you can offer teriyaki sauce to the non SCDers at your table.