

## Mongolian Beef

### INGREDIENTS:

2 lbs stir fry beef  
Arrowroot flour (enough to coat beef with)  
¼ cup coconut aminos (or gluten free soy sauce)  
¼ cup water  
2 T brown sugar  
1 tsp dry ginger  
2 cloves garlic, minced  
Sesame seeds

### PROCESS:

Place the beef in a large bowl and lightly coat with arrowroot flour.

Mix together the coconut aminos, water, brown sugar, ginger, and garlic in a mixing bowl.

Pour the mixture into a wok or frying pan and let it get to a boil.

Toss the meat in the wok or frying pan, gently stir until fully cooked.

Sprinkle with sesame seeds and serve over rice or cauliflower rice.

ENJOY!

