

# Gingered Beef

## Ingredients

- 100 grams beef, cut into thin strips
- ¼ cup hcg diet approved beef broth or water
- 1 tablespoon Bragg's liquid aminos
- 1-2 tablespoons green onion, chopped
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ¼ teaspoon fresh ginger, grated
- 1 clove garlic, crushed or minced
- Stevia to taste (optional)
- Salt and pepper to taste

Makes 1 serving (1 protein)
21 grams protein
8 grams fat
148 calories

HCG  
Diet  
Tip

*Make tasty dressings and sauces from entrée broths or roasting juices. Add additional spices and/or vinegar and enjoy.*

## Directions

1. Sauté the ginger and spices in the broth and all liquid Ingredients to release the flavours.
2. Add the beef and stir fry gently.
3. Deglaze the pan periodically by adding a little water.
4. Add the chopped green onions and serve hot.



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