

# Simmered Beef and Onions

*Recipe makes 1 serving*

*Each serving = 1 protein, 1/2 vegetable*

Since this dish only uses 1/2 an onion, if you are an onion lover feel free to up the onion amount to 100 grams for a full meal.

For the cooked steak in this dish, you can simply slice the steak very thinly and then sauté with a bit of broth until browned.

## Ingredients

- 100 grams sliced cooked steak
- 50 grams onion sliced into rings
- 1 cup hCG approved beef broth
- 2 cloves minced garlic
- 1/2 tsp thyme
- 1/2 tsp pepper
- liquid aminos or low sodium soy sauce to taste

## Directions

1. Preheat pan over MED heat.
2. Add onions and garlic. Cook 5-10 mins until tender.
3. Add broth, thyme, and pepper. Bring to boil.
4. Reduce heat & simmer 5-10 mins.
5. Add steak and return to boil.
6. Reduce heat & simmer 5-10 mins.
7. Serve steak & onions with the au jus and a couple splashes of liquid amino acids.



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