

## Chinese Orange Beef

Recipe makes 1 serving  
Each serving = 1 protein, 1 vegetable, 1 fruit  
Each serving has 300 calories

Fast and easy to make, this tasty beef dish gets a double dose of intense orange from Stevia and orange zest and a delightful zing from red pepper flakes.

### Ingredients

- 100 grams extra lean beef, such as tenderloin, sliced thin
- 1/2 teaspoon onion flakes
- 100 grams thinly sliced Napa (Chinese) cabbage (or mushrooms as a substitution)
- 1/2 cup hCG Diet approved Basic Beef Broth (see recipe on our site)
- 1 Tablespoons Braggs liquid aminos or low sodium soy sauce
- Juice of 1/2 orange
- 1/2 teaspoon orange zest
- 7 drops stevia orange flavor drops (optional)
- Dash of red pepper flakes
- Sea salt and pepper to taste (sparingly)
- Segments from 1/2 orange, for garnish

### Directions

1. Heat a nonstick skillet over medium-high heat. Season the beef with salt, pepper, and onion flakes, add to the skillet, and cook, stirring often, until slightly browned but not cooked through. Transfer to a clean plate.
2. Add the cabbage (or mushrooms as a substitution) to the skillet, season with salt and pepper, and cook, stirring, for 3 minutes.
3. Combine the remaining ingredients except the orange segments in a small bowl and pour into the skillet with the cabbage. Return the beef to the skillet, stir well, reduce heat to low, cover and cook until vegetables are crisp tender and beef is cooked to desired doneness, about 3 minutes.
4. Taste for the addition of salt and pepper, transfer to a serving dish, and garnish with the orange segments & lettuce.

