

Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Easy Beef Broccoli & Mushroom Full Meal Salad

Recipe

Ingredients:

Sauce

- 1 tbsp. Garlic grated
- 1 tbsp. Ginger grated
- 4 tbsp. Apple Cider Vinegar or Rice Vinegar
- 1 tbsp. toasted Sesame oil
- 1 tbsp. dark Molasses
- 1/4 tsp. Salt
- 1/8 tsp. ground Pepper

Beef Broccoli & Mushroom

- 8 oz. pre-cooked Beef Roast, cut into small cubes
- 1-1/2 pounds Broccoli, washed, trimmed, cut into cubes and quickly blanched
- 1 pound Romaine Lettuce, washed, trimmed, cut up and dried (salad spinner)
- 1-1/2 cups chopped Mushrooms
- 1 cup chopped Onion, white or yellow
- 2 tbsp. Olive oil, to dress the salads
- 2 tbsp. Coconut Oil, or another good cooking oil, for stir frying
- 4 tbsp. roasted Peanuts or another nut, to garnish salads
- Extra Salt, ground Pepper & Garlic Powder

Instructions:

- Wash, trim and cut Romaine Lettuce, dry well, either with a dish cloth, paper towels or a salad spinner, this makes two servings, divide in half and place half on each of two large plates or in two very large bowls, cover and refrigerate till needed.

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Instructions :

- Wash, trim & cut Broccoli into small cube like pieces.
- Bring a large pot of salty water to a boil.
- Add Broccoli, count to 10, drain hot water, rinse under cold water to stop the cooking.
- Grate, Garlic, and Ginger measure into a small bowl and set aside.
- Measure the rest of the sauce ingredients in a second small bowl, mix well, set aside.
- Peel Onion and chop into small pieces, set aside.
- Wash and chop Mushrooms to make 1-1/2 cup chopped, set aside.
- Weigh and cut pre-cooked Roast Beef into small cubes, and set aside.
- Heat a large Stir Fry pan or Wok to medium, add Coconut oil.
- When oil is hot, add grated Garlic, grated Ginger, the cut Onion, and Mushroom, mix and sauté for a few minutes.
- Add cubed Roast Beef, and sauté for a few more minutes till Onion gets a little soft.
- Add the Broccoli, and the rest of the sauce ingredients you measured, and 2 tbsp. of Olive oil.
- Cook and stir, till meat, is hot and Broccoli is tender-crunchy.
- Divide Beef Broccoli & Mushroom in half, place each half on top of each plate of Romaine Lettuce.
- There should not be a need for a dressing, but if you feel you need something more, try adding a tbsp. more vinegar per salad, salt, pepper and ground garlic powder, to taste.

Romaine Lettuce, Broccoli, and Roast Beef can be prepared a day or two in advance, and stored in the refrigerator, till needed...

Nutritional Breakdown - Per Full Meal Salad

788 Calories - 48g Protein - 40g Fat - 35g Net Carbs - 40g Fiber