



KETO MONGOLIAN BEEF RECIPE

Some fans had asked me if I could make a **Mongolian Beef** Recipe that was not only Keto-friendly, but delicious. This might seem like a tricky task to pull off, but it was actually very easy in the end. There were a few key substitutions that had to be made to alter the traditional recipes found online to make them low carb enough for our enjoyment, yet still sweet and tasty.

Usually this dish calls for Dark Brown Sugar in the sauce to sweeten it and to make it more of a glaze that sticks to the beef. I opted for the next best thing in my pantry, which is the Lakanto Golden Monkfruit Sweetener, which is like a Light Brown Sugar alternative that is non-glycemic and completely Keto-friendly. You can use other keto-friendly sweeteners if you want, but make sure they are a brown sugar alternative and not just a plain sugar flavored sweetener.

Additionally, this dish traditionally uses Soy Sauce, which is also not keto-friendly, nor low carb enough. Bragg makes a Liquid Amino that is soy-based, but has the inflammatory ingredients removed from it that would normally render soy products not keto-friendly, plus it is also much lower in carbohydrates than Soy Sauce. If you prefer you can opt to use Coconut Aminos instead, but you will want to add an extra TBSP or two of that if you do compared to the stronger flavored Liquid Aminos I used.

Traditional Mongolian Beef is also typically coated in Corn Starch, which we switched out in this recipe for Coconut Flour. You could get by without coating the Beef, but it does come in handy in the pan later to help thicken the sauce a little bit too. We also swapped out the usual canola oil for a keto-friendly and healthier alternative of Chosen Foods Avocado Oil, which also happens to handle the high heat used in the

skillet for this dish without smoking or risking any fires.

Aside from that, the rest of the dish pretty much goes together just like the real deal. You could opt to leave all of the sweetener out if you want to, but then it would taste more like a plain beef stir fry I suppose.



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Ease of Preparation: Moderate

Prep Time: 15 Minutes

Cooking Time: 20 Minutes

Total Time: 35 Minutes

Nutrition Facts	
4 servings per container	
Serving size	8 Ounces
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 890mg	39%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 40g	80%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients:

- 1 & 1/2 LBS Flank Steak
- 1 Head of Cauliflower
- 4 Green Onion
- 2 Celery Stalks
- 2 TBSP Coconut Flour (Optional)
- 1/4 Cup Avocado Oil (separated)
- 1 TBSP Ginger
- 4 Cloves Garlic
- 1/4 Teaspoon Red Pepper Flakes (Optional)
- 3 TBSP Liquid Aminos or Coconut Aminos
- 1/4 Cup Water
- 3 TBSP Golden Monkfruit Sweetener

Instructions:

1. Chop up the Head of Cauliflower into smaller pieces and discard most of the large stem pieces.
2. Place Cauliflower into a Food Processor and pulse until the cauliflower is roughly the size of grains of rice. Set Aside for now.
3. Cut Flank Steak into 1/4 thick strips no longer than 2-3 inches in length. Place into Gallon size Storage Bag and add 2 TBSP of Coconut Flour to it and shake around until evenly coated.
4. In a Large Cast Iron Skillet or Seasoned Wok heat up a couple TBSP of Avocado Oil, and add in the Cauliflower. Cook for approximately 5 minutes on High Heat

until well cooked, but not to the point of making it mushy.

5. Add some more Avocado Oil to the Skillet and add in some of the Beef and sear it on both sides for a few minutes, and then remove from the skillet and set aside. DO NOT cook it all the way through in this step.
6. Add the remaining Avocado Oil to the Skillet and add in the Minced Ginger and Garlic. Saute for a couple minutes, and then add in the Red Pepper Flakes, Liquid Aminos, Water, and Golden Monkfruit Sweetener and simmer on high until it begins to reduce down.
7. Add in the Celery and Green Onion Stalks and saute for a minute before adding the Beef back into the skillet.
8. Stir and cook on high until the beef is cooked to your liking and glazed all around with the reduced sauce. Serve on a plate or bowl on top of the Cauliflower Rice and enjoy!

SPECIAL NOTE: *Most of the Carbohydrates and Sugars in this dish come from the Cauliflower. If you would like to reduce the sugars and carbs in the dish you could opt to serve it with a different side dish than the cauliflower used if you want. It is recommended that you do eat vegetables and source many of your daily net carbohydrates from them, but the choice is yours on what to do. Think of this as just a serving suggestion in my book.*