

# Teriyaki Beef Stir Fry

## By Nina Lynn

### Ingredients:

1 lb. organic top round steak, cut into thin strips  
2 organic bell peppers, cut into cubes  
6 organic green onions, cut into 2 in. pieces  
1 Tbs. coconut oil

### Sauce:

3 Tbs. organic Teriyaki sauce  
1 Tbs. olive oil

Marinate steak for 30 minutes in the teriyaki sauce and olive oil. Stir fry bell peppers and onions in wok or deep skillet with coconut oil for 3 min. then remove.

Stir fry beef for 2-3 min. Return all ingredients to wok and cook until hot.

Serve over steamed organic brown rice.

Organic grass fed beef contains more beta-carotene, vit. E, omega 3 EFA's and CLA than conventionally farmed beef. Beef also provides us with the essential amino acid methionine which helps with tissue repair and regulates blood sugar levels. Red peppers reduce inflammation and onions have cancer fighting properties.