



Italian Beef and Broccoli Over Noodles

Makes Approximately 4 Servings

INGREDIENTS

- 3 cups broccoli florets (fresh or frozen)
- ¼ cup olive oil
- 1 medium sweet onion, thinly sliced
- 12oz boneless beef sirloin steak, cut into thin pieces
- 1tsp. dried oregano
- ½ cup basil, minced
- ¼ tsp. salt
- ¼ tsp. black pepper
- 5 garlic cloves, minced
- 1 cup bone broth
- 12 oz. **KELP NOODLES** or zucchini noodles

Directions

- Step 1** Preheat a large skillet over medium heat and add 2 tbsp. olive oil. Add onion and garlic to pan and cook for about 5 minutes or until tender, stirring occasionally. Set aside.
- Step 2** Place steak strips in same pan over medium heat. Sprinkle with oregano, salt, and pepper. Cook for about 5 minutes or until steak strips are cooked through.
- Step 3** Add remaining olive oil to the same skillet and heat over medium heat. Add broccoli and bone broth and cook until tender but not mushy, approximately 4 minutes.
- Step 4** Once broccoli is cooked, add the beef and onions back to the same pan, with the basil and stir well. Allow to cook for about two minutes to combine flavors.
- Step 5** To assemble, place a portion of kelp or zucchini noodles on a plate, then top with beef and broccoli mixture, then add a dollop of olive oil tapenade for garnish if desired.