



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Mongolian Beef

5.27g of Net Carbs (Low Carb Keto)

Absolutely delicious. This sweet flavor of the dark colored sauce mixed with the salty soy sauce and the strong ginger and garlic is incredibly addictive.



Servings = 4

Each Serving = Calories: 331kcal |  
Carbohydrates: 5g | Protein: 40g | Fat: 17g |  
Fiber: 1g.

Watch Video for tips and a visual of the recipe.

### Ingredients:

2 Tablespoon Coconut Oil  
2 teaspoons Minced or Powder Ginger  
1 Tablespoon Minced Garlic  
1/2 Cup Soy Sauce  
1/2 cup Water  
5 stocks of green onion

1/4 cup Granulated Sweetener  
1 1/2 pounds Flank steak or Flatiron steak  
1/4 teaspoon Red Pepper Flakes  
5 Stems Green onions-cut diagonal into 2 inch pieces  
1/4 teaspoon Xanthan Gum  
1 tbsp Chives

### Instructions:

1. Add coconut oil. When melted add garlic, pepper flakes and ginger.
2. Simmer for 3-4mins until the color of oil turns dark. Flavors is now released. Add Soy Sauce and Water, bring sauce to a boil and slowly add sweetener. Needs it hot to dissolve sweetener. Cook on medium heat for 5mins. Put to one side.
3. Fry Steak. (Cut into 2" wide stripes).

5. After Steak is ready, bring sauce to boil then slowly add Xanthan Gum. Reduce to medium heat and keep stirring until sauce is thicken.
6. Now add Steak and mix with sauce. Simmer on low heat for 5mins.
7. Cut green onion into 2" pieces and serve over top of Mongolian Steak along with chives. Enjoy!