



HOPE30 KITCHEN

Hope30 Ground Beef & Broccoli

Ingredients:

- 1 pound of ground beef
- 1 sweet onion
- 1/4 cup coconut aminos (or less based on your taste)
- 1 bag of frozen broccoli spears (or fresh)
- 1 TBSP plus a few shakes of garlic powder
- 1 TBSP plus a few shakes of ground ginger
- Pink salt and black pepper to taste

Cooking Directions:

- *In a non-stick pan, brown ground beef with some shakes of ginger, garlic powder, pink salt & pepper.*
 - *Once it's getting near finished, add a splash of beef stock, chopped onion & continue browning until the onion starts to soften.*
 - *Add coconut aminos, garlic powder & ginger.*
 - *Stir to get everything combined.*
 - *Place broccoli on top & cover.*
 - *Broccoli will steam, & once it's softened, stir it into the mix!*
 - *Add more or less aminos and seasonings to your liking!*
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