Mongolian Stir Fry

**Course** Main Course

**Cuisine** Chinese

**Prep Time** 10 Minutes

**Cook Time** 15 Minutes

**Servings** 4

**Ingredients**

* 2 pounds of your preference of meat (we have used steak, chicken and pork) cut into chunks.
* 10 cloves of garlic minced
* 2 Jalapenos diced (this adds some kick depending on your jalapenos, seed them if you want it less spicy)
* 1 ½ - 2 inches of ginger peeled and minced
* 2 large yellow onions
* 16 oz of sliced mushrooms
* 4 tablespoons of arrowroot or tapioca
* 3 tablespoons of avocado oil or coconut oil

**For the sauce**

* 1 cup of coconut aminos
* ¾ cup of coconut sugar
* 4 teaspoons of arrowroot or tapioca

1 PREP MEAT

Slice or cube meat and toss in a large bowl with 2 tablespoons of arrowroot or tapioca. Set aside.

2 MORE PREP

Wash all produce. Peel and mince fresh garlic. Peel and mince ginger. Chop onion. Slice mushrooms.

3 MAKE SAUCE

Add all sauce ingredients to a mixing bowl, and stir until combined. Set aside.

4 COOK MEAT

Heat a pan over medium heat for a few minutes until hot. Add 2 tablespoons of oil to coat the bottom. Add meat to the pan, evenly distributing the meat. Cook until the meat is done. Remove from pan and set aside.

5 COOK VEGETABLES

Add the other tablespoon of oil to the pan/Add jalapeno, garlic and ginger. Cook for a few minutes. Stirring occasionally.

Add onions and mushrooms and cook until onions and mushrooms are soft. Stirring occasionally.

6 FINISH & SERVE

 Add meat back into the pan with the vegetables. Evenly distribute the meat. Stir the sauce and pour it into the pan. Mix well until everything is coated with the sticky sauce. Let simmer for a minute until thickened.

Serve over cooked brown rice or cauliflower rice