

KETO STEAK FRIED “RICE”

INGREDIENTS

- 1lb beef top round steak boneless thin cut
- 1 bag Cauli rice
- 1 yellow onion
- 2 TBSP minced garlic
- 3 eggs scrambled
- 1/4-1/3c+ liquid aminos

INSTRUCTIONS

- Preheat the steak in oil in a frying pan. Slice into this strips/ pieces. Set aside.
- Microwave bag of cauli rice according to package instructions.
- Add oil to preheated frying pan. Add onion and cook until translucent (2-3 minutes).
- Add minced garlic and cook until fragrant (1 minute or so).
- Add Cauli rice to pan. Heat until heated through.
- While it’s heating, whisk eggs in a bowl.
- Once Cauli rice is heated, make a “well” in the center of the pan, a hole basically, and add the beaten eggs. Using a wooden spoon or whisk, scramble eggs.
- Once scrambled, blend eggs with Cauli rice and add steak in. Mix until we’ll blended.
- Now add the liquid aminos. This is to taste. So let it simmer for a few minutes to meld the flavors and taste test. Add more as needed, 1 TBSP at a time.
- And you’re done! Serve warm. This is a great meal reheated the next day! Even better



I hope you love it! Comment below, TRY it on Pinterest, and tag me in your IG stories if you make it!

Enjoy!

