

Instant Pot Beef and Broccoli with Keto Option

Author: Carleen

Recipe type: Main Cuisine: Asian

Prep time: 10 mins Cook time: 15 mins Total time: 25 mins

Serves: 4 servings

Instant Pot Beef Broccoli that can be made keto, gluten-free, and whole 30 compliant with a couple of simple substitutions.

Ingredients

- 1-1.5 pounds flank steak
- 3 crowns of broccoli florets
- $\frac{3}{4}$ cup beef broth
- $\frac{1}{2}$ cup soy sauce or coconut aminos
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 1 tablespoon minced garlic
- 2 teaspoons cornstarch or arrowroot flour
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon pepper

Instructions

1. Slice flank steak thinly against the grain
2. Heat olive oil in Instant Pot in sauté mode
3. Microwave broccoli florets for 3 minutes in a microwave safe dish filled half way with water
4. Drain broccoli water and set aside
5. Sear sliced beef in batches, around 1 minute on each side
6. Transfer beef to a plate
7. Add minced garlic to the instant pot and sauté 1 minute
8. Add beef broth, soy sauce or coconut aminos, sesame oil, onion powder, red pepper flakes, salt, and pepper
9. Add the beef and juices from plate, close the lid, and set to seal
10. Pressure cook on high pressure for 10 minutes
11. Quick release
12. Return the instant pot to "sauté" mode and whisk in cornstarch or arrowroot powder
13. Add the broccoli and stir until the sauce begins to thicken
14. Remove beef and broccoli with a slotted spoon and arrange on plates
15. Continue to saute the liquid until thick
16. Pour sauce over the beef and broccoli as desired.

Recipe by Instant Pot Cooking at <https://instantpotcooking.com/instant-pot-beef-and-broccoli-with-keto-option/>