Sweet Potato Skillet

Prep Time: *10 Minutes*
Cooking Time: *25 Minutes*
Servings: *2*

Ingredients:

- 1 tbsp Olive Oil
- 2 tbsp Water
- 2 Sweet Potatoes [260 g] (Peeled and Chopped)
- 1 tsp Garlic Powder
- 0.5 tsp Ginger
- 8 oz [226.8g] Beef Flank (Sliced Thin)
- 1 small Onion (Sliced Thin)
- 1 medium Summer Squash (Sliced Thin)
- 3 cups [210g] Broccoli Florets
- 2 tbsp Coconut Aminos
- 1 tbsp Sesame Seeds



Sweet Potato Skillet



Instructions:

1. In a medium skillet, heat avocado oil over medium heat.
2. Add water, sweet potatoes, garlic powder, and ginger. Cover and cook 10 minutes or until sweet potatoes are easily pierced with a fork, flipping occasionally.
3. Add steak and cook 3-5 minutes, flipping once.
4. Add remaining ingredients and cook 5-10 minutes, until vegetables are at desired consistency.
5. Serve warm.