

Yield: 4 Servings **Author:** Renee Paj



Slow Cooker Beef and Broccoli

prep time: 10 mins cook time: 8 hour total time: 8 hours and 10 mins

Tender sweet and savory beef strips and gravy served over steamed broccoli and rice

INGREDIENTS:

- 1 - 2 pounds Flat Iron Steaks, cut into 1/2 inch thick strips
- 1 cup beef consomme (you can sub beef broth)
- 1/2 cup reduced sodium soy sauce
- 1/3 cup brown sugar (not packed)
- 1 TBSP sesame oil
- 3 garlic cloves, minced
- 2 TBSP cornstarch
- 2 TBSP water
- Fresh or Frozen broccoli florets, steamed until crisp tender (as many as you like)
- Hot cooked brown or white rice
- toasted sesame seeds and sliced radishes, for garnish, if desired

INSTRUCTIONS:

1. Place beef strips in crock of slow cooker.
2. In small bowl or 2 cup glass measure, combine the consomme, soy sauce, brown sugar, oil and garlic. Pour over meat.
3. Put lid on and cook on LOW for 6 -7 hours or on HIGH for 4 hours, or until the meat is fork tender.
4. Turn slow cooker up to HIGH. Combine the cornstarch and the water in a small bowl and stir to dissolve.
5. Add to the beef mixture in the slow cooker and mix. Allow to cook for another 10-20 minutes, or until the sauce thickens.
6. To serve, plate the rice, top with broccoli and then beef and gravy mixture. Finish with sesame seeds and radishes, if desired.

NOTES:

Nutritional Information is an estimate, and does not include broccoli or rice.
Recipe adapted from Fit Mama Real Food

calories
538

fat (grams)
27

sat. fat (grams)
10

carbs (grams)
6

protein (grams)
65

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