



Slow Cooker Beef and Broccoli

4 servings

Prep time: 15 mins Cook time: 2 HRS

Ingredients:

- 1 ½ pounds flank steak
- 1 cup low-sodium beef broth
- ¼ cup low-sodium soy sauce
- ¼ cup oyster sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 2 teaspoons chili-garlic paste- siracha, or ½ teaspoon red pepper flakes, plus additional to taste
- 2 teaspoons minced garlic- about two large cloves
- 2 tablespoons cornstarch
- 5 cups broccoli florets- about 2 small crowns
- Prepared brown rice- or quinoa for serving
- Chopped green onions- and toasted sesame seeds optional for serving

Instructions:

1. Coat a 4-quart or larger slow cooker with nonstick spray. Place the beef in the bottom.
2. In a small bowl, stir together the beef broth, soy sauce, oyster sauce, honey, rice vinegar, chili-garlic paste, and garlic. Pour over the beef, then stir to combine. Cover and cook on low for 1 ½ hours.
3. In a small bowl, whisk together ¼ cup of water and cornstarch. Stir into the slow cooker with the beef and sauce, then place the broccoli on top. Cover, turn the heat to high =, and cook another 30 minutes, until the broccoli is tender. Serve warm over rice, sprinkled with green onions and sesame seeds as desired.