

Crockpot Beef and Broccoli “Take-Out, Fake-Out”

 skiboostsinthekitchen.com/2014/04/16/crockpot-beef-and-broccoli-take-out-fake-out/

Ski Boots in the Kitchen

Crockpot Chinese Beef and Broccoli (Serves 4) (Prep-Time 10 minutes; Cook-time 4-6 hours)

- 1-1 1/2 lb. boneless, beef chuck roast, sliced into thin strips
- 1 cup beef broth
- 1/2 cup low sodium soy sauce
- 1/3 cup dark brown sugar
- 1 tbsp. sesame oil
- 3 garlic cloves, minced
- 2 tbsp. cornstarch
- 4 tbsp. sauce (from the crockpot after dish is cooked)
- 1 16oz bag Frozen broccoli florets
- Brown rice, cooked according to package direction

Directions:

1. In the insert of the crockpot, whisk together beef consume, soy sauce, dark brown sugar, sesame oil, and garlic.
2. Gently place your slices of beef (raw) in the liquid and toss to coat.
3. Turn crockpot on low and cook for 6 hours.*
4. When done, in a small bowl, whisk together cornstarch and cooking liquid to create a slurry, pour into crockpot, stir to mix well. Toss in your broccoli florets. Cook on low for an additional 30 minutes to thicken up the sauce. (throw the frozen florets right into the crockpot without defrosting)
5. Serve hot over brown rice.

*Cooks note- depending on the temperature of your crockpot and how you like the meat cooked the cooking time may vary. I cooked ours for 6 hours and it turned out very tender almost like shredded beef (it was awesome!) If you prefer larger chunks of whole beef the cooking time will be closer to 4-5 hours! Personally I say the more cooking time the better in the crockpot!

[About these ads](#)