

Beef and Broccoli

by: <http://www.tablefortwoblog.com/easy-20-minute-teriyaki-chicken-and-broccoli> and Tastefully Simple

Ingredients:

1-2 lbs. stew meat
1 cup shredded carrots
13 oz. mushrooms (if canned, drain - optional)
1 pkg (10-16 oz) frozen broccoli (fresh is optional)
2 garlic cloves, minced
1/2 cup low-sodium soy sauce
1/4 cup water
2 tbsp rice vinegar
1/4 cup dark brown sugar
2 tbsp cornstarch

Instructions:

1. In a small bowl, whisk together all the ingredients for the sauce and set aside
2. Place stew meat in a slow cooker. Dice to smaller pieces if pieces are large.
3. Place shredded carrots and mushrooms in slow cooker.
4. Pour sauce mixture over meat, carrots and mushrooms (if using mushrooms).
5. Turn slow cooker ON and Bake on Low for 6-8 hours or High 3-4 hours. Baked until fork tender.
6. Add broccoli the last hour of cook time (thaw broccoli and drain excess water)
7. If it seems dry, add 1/2 cup beef broth.

Notes:

1. If using fresh broccoli. Bring a medium pot of water to boil and add the broccoli.
2. Blanch the broccoli for 5 minutes then immediately transfer the broccoli to an ice bath (a large bowl of water with ice in it) to stop the cooking process.
3. Add the fresh broccoli the same time you would add the frozen (thawed and drained) broccoli (Step #5)
4. Serve with rice, quinoa or noodles.

This can be a Freezer Meal, simply place all ingredients but the broccoli in a freezer bag. When ready to eat, place in slow cooker and bake according instruction #5. Proceed thru step #7.

This can be baked in a casserole dish at 350 degrees for approximately 2-3 hours or until tender. Add broccoli during the last 1/2 hour of cook time.

The Tastefully Simple recipe (Bayou Bourbon Beef and Broccoli Recipe eliminates the sauce mixture and uses Bayou Bourbon Glaze, lime juice and dry seasonings.

Serves: 4-6

