

Crockpot Beef and Broccoli

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-roast-crockpot-recipes>

Ingredients:

- 1 pound boneless beef chuck roast sliced into thin strips
- 1 cup beef consumed
- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 tablespoon sesame oil
- 3 garlic cloves minced
- 2 tablespoons cornstarch
- 2 tablespoons sauce cooled, from the crockpot after being cooked
- fresh broccoli florets as many as desired
- cooked rice

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 115 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 12 grams
8. Sodium: 1940 milligrams
9. Sugar: 13 grams
10. TransFat: 0.5 grams

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