

Beef & Broccoli {Crockpot}

Yield: 4 min
Total Time: 400 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-curry-recipe-slow-cooker>

Ingredients:

- 1 pound boneless beef chuck roast sliced into thin strips
- 1 cup beef consommé or beef broth
- 1/2 cup low sodium soy sauce
- 1/3 cup dark brown sugar
- 1 tablespoon sesame oil
- 3 garlic cloves minced
- 2 tablespoons cornstarch
- 4 tablespoons sauce from the crockpot after dish is cooked
- frozen broccoli florets as many as desired, I believe I used almost 2 cups
- white rice cooked

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 115 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 35 grams
7. SaturatedFat: 12 grams
8. Sodium: 1250 milligrams
9. Sugar: 20 grams
10. TransFat: 0.5 grams

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