

Super Tender Slow Cooker Teriyaki Beef

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-rump-steak-recipe>

Ingredients:

- 1 kilogram rump steak thickly sliced
- 1 teaspoon garlic crushed
- 1 teaspoon ginger crushed
- 1/2 cup honey
- 1/4 cup soy sauce
- 1/4 cup beef stock
- 1/4 cup rice wine vinegar
- 1/4 teaspoon black pepper ground
- 2 tablespoons cornstarch
- 2 tablespoons water

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 155 milligrams
4. Fat: 15 grams
5. Protein: 56 grams
6. SaturatedFat: 5 grams
7. Sodium: 1090 milligrams
8. Sugar: 35 grams

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