

ingredients:

Photo
Coming
Soon

2 lbs beef, sliced thin
1 cup beef consommé
1/2 cup soy sauce
1/4 cup brown sugar
1 tbsp sesame oil
4-6 tsp minced garlic
4 tbsp corn starch
1 head broccoli, cut into florets
1/2 tbsp simply asian spice blend
sesame seeds to taste

instructions:

- whisk together consomme, soy sauce, brown sugar, sesame oil, garlic in slow cooker
- add beef, toss to coat
- cover and cook low 4 hours
- 30 minutes before serving, whisk together corn starch and water, mix well, add broccoli, toss to coat, cook 30 minutes
- serve over cooked rice

notes:

✓ fresh broccoli

