



CrockPot Beef & Broccoli

Ingredients:

1, 1 lb skirt or flank steak, thinly sliced
3 cups broccoli florets (fresh or frozen)
1/2 jalapeño, minced
2 cloves garlic, minced
1 bunch green onions, thinly sliced
1 cup Asian sesame & soy salad dressing
1/4 cup soy sauce
1/2 cup beef broth
2 tsp each; sesame seeds, ginger and garlic
1/4 cup brown sugar
1/2 cup flour
rice, for serving

Directions:

In the base of crockpot, combine broccoli jalapeno, green onions, garlic, Asian salad dressing, soy sauce, brown sugar, 1 tsp sesame seeds, 1 tsp ginger and 1 tsp garlic. Stir to combine.

In a large bowl, combine flour with 2 tsp salt, 1 tsp black pepper, 1 tsp ginger and 1 tsp garlic. Toss thinly sliced steak in flour to coat.

In a large pan over medium-high heat, cook steak in 2 tbsp oil until browned on each side. Remove from heat and place in base of crockpot. Add beef broth to pan and bring to a boil, scraping all the browned bits off of the bottom. Pour into crockpot.

Cook on low for 6 – 8 hours. Serve with rice.