

EASY BEEF AND BROCCOLI

yield: 4 SERVINGS prep time: 5 MINUTES cook time: 6-8 HOURS total time: 6-8 HOURS

INGREDIENTS:

- 1/3 cup soy sauce
- 1 cup chicken broth
- 1/2 cup honey
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar, packed
- 6 cloves garlic, minced
- 2 Tablespoons sesame oil
- 2 Tablespoons cornstarch
- 2 teaspoons Sriracha, or more to taste (optional)
- 2 teaspoons ground ginger
- 1/4 teaspoon red pepper flakes
- 1 cup water
- 1 to 1 1/2 lbs Rural Roots Ranch Beef Stew Meat



DIRECTIONS:

1. Place frozen stew meat in crock pot 6-8 hours before planned meal time.
2. Add 1/2 cup of water and cook on low.
3. 30-minutes prior to serving the meal: In a medium bowl, whisk together soy sauce, chicken broth, honey vinegar, brown sugar, garlic, sesame oil, cornstarch, Sriracha, ginger, red pepper flakes and 1/2 cup water.
4. Stir into stew meat i crock pot.
5. Cook for 30 minutes or until sauce has slightly thickened.
6. Serve over rice and steamed broccoli.

Adapted from damndelicious.net