

Crock Pot Beef and Broccoli Teriyaki

Ingredients:

- 1 pound boneless beef chuck roast, sliced into thin strips
- 1 cup beef broth low salt
- ½ cup soy sauce low salt (if on a very low salt diet use ¼ cup soy sauce)
- ⅓ cup brown sugar
- 1 tablespoon sesame oil or vegetable oil
- 3 garlic cloves, minced or garlic powder
- 2 tablespoons cornstarch
- 2 tablespoons cooled sauce from the crock pot after being cooked
- Fresh broccoli florets (as many as desired)
- Hot cooked rice

Directions:

1. Place beef in a crock pot.
2. In a small bowl, combine broth, soy sauce, brown sugar, oil, and garlic. Pour over beef. Cook on low for 6-8 hours.
3. In a cup, stir cornstarch and sauce from the crock pot until smooth. Add to crock pot. Stir well to combine. (If your sauce is not thickening, try bringing your sauce to a boil on the stovetop with the corn starch mixture. Boil until your desired consistency is reached).
4. Add broccoli to the crock pot. Stir to combine.
5. Cover and cook an additional 30 minutes on high (the sauce has to boil for it to thicken).
6. Serve over hot cooked rice.

The sauce can also be made by itself and used on chicken, pork or left over beef and just vegetables. Ingredients can be adjusted to suit your own taste for sweetness or salt.