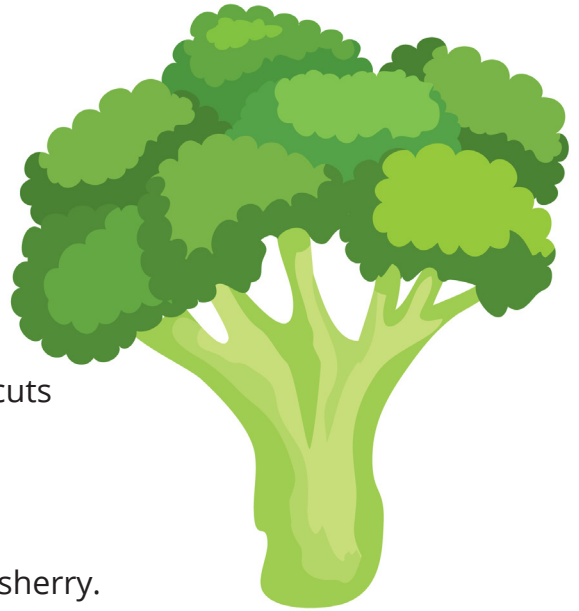


# Beef and Broccoli in the Crockpot

## INGREDIENTS

- 1/3 cup oyster sauce
- 2 teaspoons toasted sesame oil
- 1/3 cup sherry\*
- 1 teaspoon low sodium soy sauce
- 1/2 teaspoon granulated sugar
- 1 teaspoon cornstarch
- 3/4 pound beef flank steak, sliced into 1/8-inch thick cuts
- 1 thumb-size piece of fresh ginger root
- 1 clove garlic, peeled and smashed
- 1 pound broccoli, sliced into florets
- Optional: serve with 1/2 cup of cooked brown rice

\*Make sure you're using a dry sherry instead of cooking sherry. Cooking sherry has sodium added to it for flavor and to improve shelf life - which can add 370 mg of sodium to this recipe!



1. In a bowl, combine oyster sauce, sesame oil, sherry, soy sauce, sugar, and cornstarch until sugar and cornstarch are dissolved.
2. Place steak pieces in a large, shallow bowl. Pour over the oyster sauce mixture and coat steak pieces completely. Refrigerate to marinate for at least 30 minutes.
3. Add beef, sauce, ginger and garlic to the crockpot. Cook on Low for 3 hours.
4. After 3 hours, add the broccoli to the crockpot and stir to combine. Cook for an additional 30 mins.
5. Cook your preferred type of rice according to the packaging directions. When cooking at high altitude (above 3000) add a few more minutes to the cooking time.
6. When the rice is cooked and the broccoli is tender but not soggy, remove the chunks of ginger and garlic.
7. Serve over rice (if you prefer) and enjoy!

### Without rice:

Calories - 279  
Carbs - 24g  
Fat - 8g  
Protein - 24g  
Sodium - 151mg  
Sugar 8g

### With rice (brown, long grain):

Calories - 291  
Carbs - 26g  
Fat - 8g  
Protein - 25g  
Sodium - 152mg  
Sugar 8g

*More information about the ingredients on page 2.*



## About the Ingredients:

- **Brown Rice:** Brown rice is a whole grain rice. Its higher in protein, fiber, and magnesium than white rice, and has a delicious, nutty flavor.
- **Beef:** Beef is good source of protein, Vitamin B12, Iron, and other nutrients. It's important to moderate your beef intake, and choose lean cuts over marbled (fatty) ones as much as possible. The Cleveland Clinic suggests that 6 oz of beef per week is a healthy amount for most adults. If you have heart disease or high cholesterol, it's recommended to limit red meat to 3 oz or less per week.
- **Ginger:** You're mostly flavoring the food with ginger in this recipe rather than eating it, but ginger has been shown to be an effective remedy for pregnancy-related nausea. Ginger also has some anti-inflammatory properties, and is being studied for it's positive effects on weight loss, osteoarthritis, heart disease, cholesterol and even menstrual pain!
- **Garlic:** Garlic is a plant in the Allium family, so it's related to onions. It's also very nutritious! A single clove of garlic can provide Manganese, Vitamin B6, Vitamin C, Selenium and fiber. Plus it's a cheap way to add tons of flavor to your food – a whole bulb of garlic is usually only 50 cents at the grocer!
- **Broccoli:** Broccoli is very low in calories, but high in water content, fiber, protein, Vitamin C, and other nutrients. In fact, just ½ a cup of raw broccoli can provide 70% of the recommended daily amount of Vitamin C!