**Carol’s Crockpot Beef and Broccoli**

Everyone is back to school, which means schedules are getting crazy! I’m hoping this week’s Quick Family Recipe helps you get homemade dinners on the table quickly, so that you have more time to share moments of the day with each other.

To make this recipe even easier, I buy pre-cut steak along with pre-washed broccoli, which makes zero prep time for this recipe. Dump it all in the crockpot and go!

Praying for your family with the new season ahead! Time to get that crockpot out and let’s get cooking together…

**Ingredients:**

* 1/2 Cup Brown Sugar
* 1 Cup Beef Broth
* 1/2 Cup Soy Sauce
* 1-2 Tbsp Sesame Oil
* 3 Cloves Sliced Garlic
* 1.5-2 Lbs Steak Chunks
* 2-3 Tbsp of Cornstarch
* 2-3 Cups Broccoli
* Optional: Sesame Seeds, Rice

**How to Make:**

* In your crockpot, mix together brown sugar, beef broth, soy sauce, sesame oil and sliced garlic. This makes your sauce.
* Add your steak chunks into the sauce. I bought steak already cut into chunks for stew at my grocery store to keep it easy, but buy whatever steak is on sale and cut it into chunks. I try to leave fat out of it, because no one likes biting into a piece of fat.
* Put the lid on and turn your crockpot on low. Leave it for at least 4 hours. The longer you leave it on, the more tender your meat will get.
* Before serving, add a few spoonfuls of the broth into a small bowl with the corn starch. Whisk together with a fork to create a paste. You want to do this separately or it will become super clumpy if you add it straight into the crockpot.
* Pour back into the crockpot and mix together. The cornstarch will help thicken your sauce, so that it’s not so much a soup.
* Add your broccoli to the crockpot and continue cooking on low for another 20 minutes with the lid on. Just enough time to throw some rice into the microwave to serve with this dish
* Dinner is ready…sprinkle on the sesame seeds if you want? Enjoy!

If you make this crockpot recipe with your family, we’d love to see your pics…you can share them with Ellis and Tyler on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/).

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Originally posted on [Carolbake.com](http://carolbake.com/)