

The Best Slow Cooker Beef and Broccoli Recipe

Slow Cooker Beef and Broccoli

TIME
10 min

METHOD
Slow cooker

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INGREDIENTS

- 1 1/2 lbs (700 g) beef chuck, sliced into thin strips
- 1/4 cup soy sauce
- 1/4 cup beef broth
- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 3 cloves garlic, minced
- 1/4 cup cornstarch
- 1/4 cup water
- 2 cups broccoli florets
- Sesame seeds (optional, for garnish)
- Green onions (optional, for garnish)

DIRECTIONS

- 1.** Make the Sauce: In a slow cooker, combine soy sauce, beef broth, brown sugar, sesame oil, and minced garlic. Stir well.
- 2.** Add the Beef: Add sliced beef to the slow cooker and stir to coat evenly.
- 3.** Slow Cook: Cover and cook on low for 5-6 hours (or high for 2-3 hours) until beef is tender.
- 4.** Thicken the Sauce: Whisk cornstarch and water until smooth. Stir into the slow cooker.
- 5.** Add Broccoli: Add broccoli florets, cover, and cook on high for 30 more minutes until sauce thickens and broccoli is tender.
- 6.** Serve: Serve hot over steamed rice. Garnish with sesame seeds and sliced green onions.

SWAPS & NOTES

Flank steak can replace beef chuck for a leaner option.
Add fresh grated ginger for extra depth.

Use low-sodium soy sauce if preferred.

Frozen broccoli works in a pinch - just reduce cooking time slightly.

TIPS FOR SUCCESS

Don't lift the lid frequently - it releases heat and extends cooking time.
For thicker sauce, allow an extra 10 minutes uncovered at the end.
Steam broccoli separately if you prefer it extra crisp.
Let the dish rest 5 minutes before serving to allow the sauce to settle.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-slow-cooker-beef-and-broccoli-recipe/>