

# Asian Broccoli and Beef

I love different types of stir fry and one that's made in the slow cooker is a double win!! Enjoy

xoxo,

Kristin

Directions:

1. Trim fat from meat. Cut meat into 2 inch pieces then place in a 4-quart slow cooker. In a small bowl combine soy sauce, 3 tbsp. of the orange juice, the ginger, garlic, and cayenne pepper. Pour over meat in cooker.
2. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours. If desired, stir in sesame oil. If using the low setting, turn to high. Add broccoli. Cover and cook for 15 minutes or just until broccoli is tender.
3. Using a slotted spoon, transfer beef to a bowl. Shred beef using two forks. Add broccoli to beef, cover and keep warm.
4. For sauce, strain cooking liquid through fine-mesh sieve into a small saucepan. In a bowl stir the water into cornstarch; stir into strained cooking liquid. Cook and stir over medium heat until slightly thickened and bubbly; cook and stir 2 minutes more. Remove from heat. Stir in orange marmalade and remaining 1 tbsp orange juice.
5. Add cashews and half the sauce to beef; toss gently to coat. Serve over sauteed greens, raw greens or zucchini noodles.

Recipe from I Didn't Know My Slow Cook Can Do That.