



SLOW COOKER BEEF & BROCCOLI



Submitted by Lindsey Bryan, Certified Profile Coach – Knoxville, TN

Profile Exchange values: 3oz lean protein + 1 serving vegetables

Number of Servings: 8

Ingredients:

- 2 lb Sirloin steak or boneless beef chuck, thin roast
- 1 (12 oz.) bag Broccoli florets, frozen
- 3 Garlic cloves
- 1 medium onion or green onion, diced
- 1 cup Low Sodium Beef broth
- 1/2 cup Soy sauce, low sodium
- 1 package Profile Rice
- ½ cup Profile Zesty Asian Vinaigrette



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- 4 tbsp Cornstarch
- 1 tbsp Sesame oil
- 4 tbsp Water

Directions:

- In the insert of the crockpot, whisk together beef broth, soy sauce, Zesty Asian Vinaigrette, sesame oil, onion and garlic.
- Place slices of beef in the liquid and toss to coat. Cover with lid and cook on low heat for 5 hours.
- When done, whisk together cornstarch and water in small bowl. Pour into crock pot and stir to mix well. Add the frozen broccoli over the beef and sauce. Gently stir to combine. Cover with lid and cook 30 minutes to cook broccoli and thicken sauce.
- Serve over warm Profile rice. Enjoy!

Nutrition Facts:

Calories: 272

Fat: 6g

Carbs: 10g

Fiber: 1g

Protein: 24g