

# Slow Cooked

## *beef and broccoli*



### Method

1. In a mixing bowl, whisk together your Maleny Black Angus Beef Bone Broth, soy sauce, brown sugar, sesame oil and garlic
2. Lay the Maleny Black Angus Beef chuck roast strips in the slow cooker and pour the sauce over, tossing the strips to coat
3. Turn the slow cooker on low and cook for about 5 hours
4. Take 1/4 cup of the sauce from in the slow cooker and whisk it in a bowl with the corn flour. Slowly stir this back into the slow cooker. Continue allowing it to cook in the slow cooker for another hour
5. Add the broccoli in the last 30 minutes and let it cook through. You don't want to add the broccoli in until close to the end or it will be mushy.
6. Serve over cooked white or brown rice and enjoy!

### Recipe Notes:

- If you don't have a Maleny Black Angus Beef chuck roast handy, feel free to use a Blade Roast or Topside Roast or any of the diced beef cuts remembering to slice them a little thinner to allow maximum absorption of the sauce
- If you don't have a slow cooker you could use a large pot on low heat on your stove and cover with a lid.

### Ingredients

- 700g Maleny Black Angus Beef chuck roast, sliced into thin strips
- 1 cup Maleny Black Angus Beef 100% Grass Fed Bone Broth
- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 tbsp sesame oil
- 3 garlic cloves, minced
- 1/4 cup corn flour
- 3 cups of broccoli florets (frozen or fresh)
- White or brown rice (cooked to serve)

Serves: 6 people

Prep Time: 15 minutes

Cooking Time: 6 hours

