

# Beef and Broccoli

Recipe By *Sina Mizrahi*



Cooking and Prep:  6  
h 10 m

Serves:  6

Contains:   

Preference: Meat

Difficulty: Easy

Source: Relish by Binah  
Magazine

There's a deep-seated love of Chinese food in my house. But I don't love cooking it from scratch. Many of the ingredients are either hard to find, expensive, or unhealthy. So I came up with this Beef and Broccoli to appease my crew. It isn't as unhealthy, it's definitely uncomplicated, and it's pretty close to the real deal. A definite win-win!

## Ingredients (12)

### Main ingredients

- 1 cup beef or vegetable broth
- 1/2 cup **Gefen Soy Sauce**
- 1/3 cup honey or brown sugar
- 1 tablespoon **Gefen Sesame Oil**
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 1 and 1/2 pounds beef chunks, as is or sliced into small strips

- 8-10 unpeeled white baby potatoes, scrubbed well
  - 4 tablespoons water
  - 2 tablespoons cornstarch
  - 2 cups frozen broccoli
  - 1 (15-oz.) can baby corn
  - chopped scallions, as a garnish
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## Start Cooking

### For the Beef and Broccoli

1. In the crock of a slow cooker, whisk together the broth, soy sauce, honey, sesame oil and garlic.
2. Place the beef in the liquid and gently toss to coat. Add beef and potatoes to the crock of the slow cooker and cook on high for 4 hours or low for 6 hours.
3. Thirty minutes before serving, whisk the water and cornstarch together in a small bowl until it dissolves.
4. Pour the mixture into the slow cooker and stir well. Toss in the broccoli and baby corn and cook on low for an additional 30 minutes.
5. Transfer to a plate, garnish with scallions, and serve hot.