



balancebody&soulnutrition

This is one of my favourite slow cooker meals! It's so flavourful and ridiculously easy to prep.

Ginger Broccoli Beef

2 lbs stewing beef

4 cloves garlic, chopped

Juice from 4 oranges

2" ginger peeled and sliced

Shiitake mushrooms (optional)

1/4 cup Tamari/soy sauce

1 bunch broccoli chopped into florets

2 bunches green onion, sliced

Cooked rice or GF noodles for serving (also tastes great on spiralized zucchini noodles)

Toss beef, garlic, orange juice, tamari, mushrooms and ginger into a slow cooker. Cook on low for 6-7 hours, or until beef falls apart.

Around 30 mins before beef is done add the broccoli cook until just tender. You can also quickly steam the broccoli while your rice or noodles cook. If you want your broccoli cooked more add it earlier.

Stir in green onions and serve with rice/noodles.



