



Slow Cooker Korean Beef

Serves 8

What you need to do

3 lbs. (1.3kg) stewing beef, cut into chunks
2 tbsp. cornstarch
1 tbsp. sesame seeds
½ cup water
6 spring onions, thinly sliced

For the sauce:

1 cup (240ml) beef stock
½ cup (120ml) tamari soy sauce
½ cup (100g) coconut sugar
4 cloves garlic, minced
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
1 tbsp. ginger, grated
1 tsp. sriracha sauce
½ tsp. onion powder
½ tsp. black pepper

In a large bowl, mix together all the sauce ingredients and stir well to combine.

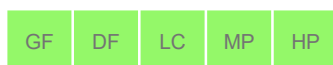
Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.

Once the beef has finished cooking, mix the cornstarch and ¼ cup water and stir into the slow cooker to thicken the sauce.

Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.

Serve immediately, garnished with green onions and sesame seeds.

Serving suggestions: rice, steamed vegetables



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	8.5 hrs	305	10	18	38

*Nutrition per serve

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