



## Crock Pot Beef Stir Fry

*(This recipe is from my hairdresser, Janet Burke. She found it on the internet.)*

### **Ingredients:**

1 pound Shady Place Farm LLC sirloin sliced thinly

1 cup beef broth

1/3 cup brown sugar

1/2 cup soy sauce

1 tablespoon sesame oil

3 cloves minced garlic

1-2 tablespoons cornstarch

1 large bunch broccoli

Cooked rice

**Directions:** Place sliced steak into crock pot. Mix next 5 ingredients together in a small bowl then pour on top of meat in crock pot. Cook on low for 6-8 hours. Take out 1/4 cup of liquid and mix with 1-2 tablespoons of cornstarch and return to crock pot on high for 30 minutes. Add broccoli florets and cook until desired tenderness. Serve over cooked rice.

**Suggestions:** Shady Place Farm LLC has available stir fry strips and lean stew meat cuts that make preparation so much faster/easier. Also, if you don't like the sweetness, omit the brown sugar. We used reduced sodium broth and soy sauce due to need for lower salt intake. Delicious!