

Emily's Beef and Broccoli (Instant Pot or Crockpot)

15 ingredients · 30 minutes · 10 servings



Directions

1. Turn sauté feature on for IP. Salt and pepper beef or chicken and brown in 2 Tbsp avocado oil (if you are doing a lot of meat divide into several sections and brown them that way).
2. While meat cooks mix honey, sesame oil, aminos / tamari, broth and red pepper flakes together in a bowl.
3. Remove meat for instant pot when it's all brown (doesn't need to be cooked all the way through).
4. Add onions and pinch of salt, sauté 3 minutes.
5. Add garlic and ginger and pinch of salt, sauté 1 minute.
6. Add carrots, meat, water chestnuts and liquid ingredients stirring to mix everything together. Turn off sauté and put lid on to seal (not vent). Cook on manual, high pressure for 12 minutes.
7. While it cooks steam 4-6 cups broccoli florets (get them all about the same size so they cook evenly) for about 5 minutes.
8. After the 12 minutes cooking time you can choose whether to natural release after for 10 min or just vent right away if you're in a hurry.
9. Remove lid once it has depressurized and turn back to "saute" setting.
10. Mix 2 Tbsp thickening starch with 2 Tbsp room temp water and slowly add to pot stirring constantly.
11. Sprinkle with sesame seeds and serve over white or brown rice or with egg or gluten free noodles!
12. Crockpot Directions: On the stovetop brown meat on medium / high heat with avocado oil. Brown in sections and add to crockpot as you complete it. Then sauté onion for 3 minutes with some pan drippings (add pinch of salt). Transfer meat and all other ingredients (not broccoli or thickening starch) to crockpot and cook on low for 4-5 hours. After cooking time is over turn crockpot on high. Mix 2 Tbsp thickening starch with 2 Tbsp room temp water and slowly add to pot stirring constantly. Steam the broccoli and stir in to crockpot. Serve!

Ingredients

- 1/3 cup** Raw Honey
- 2/3 cup** Beef Broth (or chicken; bone broth preferred)
- 1/2 cup** Coconut Aminos (or Tamari)
- 1 tbsp** Sesame Oil (I like "Chosen Foods" brand)
- 1 pinch** Red Pepper Flakes (or more if you are adventurous!)
- 2 tbsps** Sesame Seeds (toasted)
- 1 tbsp** Ginger (minced)
- 3** Garlic (cloves, minced)
- 1** Yellow Onion (diced)
- 4** Carrot (peeled and sliced into rounds)
- 8 ozs** Water Chestnuts (can)
- 2 lbs** Top Sirloin Beef Roast (Round Steak, Chuck or Chicken; sliced thinly against the grain)
- 2 tbsps** Avocado Oil (If you're going to sauté anything make sure you're using an oil that can take high heat! No olive oil!)
- 5 cups** Broccoli (steamed)
- 2 tbsps** Tapioca Flour (mixed with 2 TBS water; or potato or corn starch)

Nutrition

Amount per serving

Calories	286	Cholesterol	76mg
Fat	10g	Sodium	336mg

Carbs	22g	Vitamin A	4366IU
Fiber	3g	Vitamin C	43mg
Sugar	14g	Calcium	59mg
Protein	29g	Iron	4mg