



CROCK-POT BEEF & BROCCOLI

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

Meal planning is always a major key to success in weight loss. Crock pot meals can be very beneficial in that regard, as they enable us to make several servings at a time with minimal effort. In 15 minutes you can assemble this recipe with oriental flavors and have a delicious meal waiting for you when you get home. Heat up fresh or frozen cauliflower rice and you can create a delicious meal. A serving of beef is the size of a deck of cards (3 oz), with your cooked vegetables equaling one cup. You can add more or less broccoli, depending on whether you use the cauliflower rice or not. Makes 8 servings and covers your protein and vegetables. Remember to have a serving of healthy fat and fruit to complete your meal!



INGREDIENTS

- 2-2.5 lbs. of grass-fed beef stew meat (can cut other cuts of beef into 1-inch chunks, as well)
- 2/3 cup Braggs Liquid Aminos or Tamari gluten-free soy sauce*
- 1 cup organic beef broth
- 3 Tbsp. Swerve or erythritol or 1/4 tsp. liquid Stevia **
- 1 tsp. freshly grated ginger



3 garlic cloves, minced
1/4-1/2 tsp. red pepper flakes (1/4 is very mild)
1/2 tsp. Pink Himalayan Salt
Fresh or frozen (thawed) broccoli florets 6 cups
1 red bell pepper (cut into 1-inch pieces)

INSTRUCTIONS

Add beef, coconut aminos/soy sauce, beef broth, Swerve/stevia, ginger, garlic, red pepper flakes and sea salt. Mix well and cook on low for 6 hours.

Add broccoli and red pepper, mix well, and continue cooking on low for 1/2-1 hour, depending on desired crispness.

OPTION: If you can't be home to add broccoli and peppers and wait for it to cook, you can always add the peppers in at the beginning. Cook your broccoli separately on top of the stove, then add it to the crockpot and mix.

*Braggs Liquid Aminos are found in the healthy food department at most food chains and health food stores. Tamari is found either with the other soy sauces in the condiment aisle or also in the healthy food department.

**Swerve or erythritol can be found at local health food stores (like Health Nut Nutrition) or on Amazon. Liquid stevia is also at health food stores or at many food chains. Just make sure it is pure stevia without added dextrins, sugars, etc. (Hint: Don't purchase your stevia in the baking aisles.)