

# EASY CROCKPOT MONGOLIAN BEEF

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

Mongolian Beef is a take-out favorite, and it's very easy to make at home. Tender slices of beef are coated in layers of a sweet, soy-ginger-garlic sauce that is perfect served over cauliflower rice or broccoli. This recipe uses Swerve Brown sugar replacement for the traditional brown sugar, but you can also use Monkfruit cup-for-cup sweetener, as well. Put this meal together before bed to have your evening dinner already completed when you awake, or assemble it the night before and turn it on before leaving for work. You can easily double this recipe for plenty of leftovers to eat during the week or to freeze.

Makes 4 servings. One serving equals 3 oz of protein and covers your protein for one meal.



## INGREDIENTS

- 1-1/2 lbs flank or sirloin steak
- 1/3 cup Swerve Brown
- 1/4 cup water
- 1/4 cup Tamari (gluten-free soy sauce) or Coconut Aminos
- 2 Tbsp sesame oil
- 2 cloves garlic, minced
- 1/2 tsp ground ginger
- 1/4 tsp red pepper flakes (or to your liking)
- 1/4 tsp xanthan gum (See **Notes** below)
- Green onions, sliced (optional)
- Sesame seeds to sprinkle (optional)



## INSTRUCTIONS

Slice the beef into very thin strips against the grain and place into a crock pot/slow cooker.

In a medium bowl, combine the Swerve, water, Tamari, sesame oil, garlic, ginger and red pepper flakes. Pour over the beef and mix well.

Set your crock pot for low for 4-6 hours or on high for 2-3 hours.

When the beef is finished, remove the cover and very lightly sprinkle or sift the xanthan gum over the top or it will clump. Mix well. It will thicken on its own as it sits. You won't need to turn heat back on.

Sprinkle with sliced green onion and sesame seeds (optional).

## NOTES:

Xanthan Gum is found at many grocery stores now. It is a thickening agent. Carrington (found at Walmart is \$5.97; Now Brand is \$5.79 on Amazon and Bob's Red Mill varies from \$8-10.50. A little goes a very long way and you will have it for a long time. It is great for thickening soups, stews, sauces, etc., so is perfect to have around. It is also a great binder in gluten-free baking.)

