

Korean Beef Bites

Ingredients

- 1 cup beef broth
- ½ cup reduced sodium soy sauce OR coconut aminos
- ½ cup brown sugar, packed OR ½ cup coconut sugar + 1 TBS molasses
- 4 cloves garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 teaspoon onion powder
- ½ teaspoon white pepper
- 3 pound boneless beef chuck roast, cut into 1-inch cubes
- 2 tablespoons cornstarch OR arrowroot starch
- 3 green onions, thinly sliced
- 1 teaspoon sesame seeds

Directions

1. In a medium bowl, whisk together beef broth, soy sauce, brown sugar, garlic, sesame oil, rice wine vinegar, ginger, onion powder and white pepper.
2. Cube chuck roast into 1 inch cubes. Place chuck roast into a 6-qt slow cooker. Stir in beef broth mixture until well combined.
3. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
4. In a small bowl, whisk together cornstarch and 1/4 cup water. Stir in mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until the sauce has thickened.
5. Serve immediately, garnished with green onions and sesame seeds, if desired. I served with roasted peppers and broccoli and jasmine rice

MADE WITH LOVE

by Teresa Forchand