

Print and cut out recipe label, then tape onto freezer bag

Beef With Broccoli

Date:

Additional Ingredients:

- 2 tbsp Corn Starch mixed with 2 tbsp cold water
- 10 oz Frozen Broccoli Florets

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Cook on low for 4-6 hours or on high for 3-4 hours until the internal temperature reaches 165F

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker, and add 1/4 cup liquid.
- Turn the pressure to high and cook for 25 minutes, with natural pressure release.

Additional Instructions:

- To thicken, mix 2 tbsp Cornstarch with 2 Tbsp. water together, and stir into sauce.
- Add 10 oz Frozen Broccoli Florets and stir.
- Cook an additional 20-30 minutes in the slow cooker or 2-3 minutes in the pressure cooker on saute setting until broccoli is cooked through. (or you can steam broccoli in microwave, then add to pot).
- Serve over your choice of rice or quinoa.

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