

# Broccoli Beef

**IOWA**

Student Wellness

## Ingredients

- 1½ pounds flank or sirloin steak, trimmed of fat
- 1 bag frozen (12 oz) broccoli florets
- 1 8 oz packet of broccoli beef sauce
- ¼ cup water



## Directions

1. Cut ½ inch strips of steak, then cut strips into 2-3 pieces.
2. Spread steak pieces along bottom of crockpot, pour ¼ cup of water.
3. Cook on LOW for 1 hour. Add broccoli and cook for another ½-1 hour until broccoli is desired tenderness.
4. Drain juices from the crock pot, then add in sauce and stir. Cook for 20 more minutes.
5. Serve over rice and enjoy!

Makes 6 servings.