



Slow-Cooker Asian Beef

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Prep	Total	Servings
30 MIN	8 HR 30 MIN	8



Ingredients

- 1 cup Progresso™ beef flavored broth (from 32-oz carton)
- 1/4 cup packed brown sugar
- 1/4 cup soy sauce
- 2 tablespoons chili garlic sauce
- 1/2 teaspoon ground gingerroot
- 6 green onions, sliced on the bias, white and green parts separated
- 1 boneless beef chuck roast (2 to 3 lb)
- 1/4 cup cornstarch
- 1/4 cup cold water
- 4 cups hot cooked white rice
- 1/4 cup chopped fresh cilantro leaves
- 1 tablespoon toasted sesame seed
- 1 lime, cut into wedges

Steps

- 1 Spray 3 1/2- or 4-quart slow cooker with cooking spray. Add broth, brown sugar, soy sauce, chili garlic sauce and gingerroot to slow cooker; stir with whisk to combine. Stir in green onion whites. Reserve green onion greens for garnishing; cover and refrigerate until ready to use. Add roast to slow cooker; turn to coat. Cover; cook on Low heat setting 8 to 9 hours or until very tender.
- 2 Transfer roast to cutting board. Cool slightly; cut or shred, and return to mixture in slow cooker. Increase to High heat setting. In small bowl, beat cornstarch and cold water. Quickly stir into liquid mixture in slow cooker. Cover; cook 5 to 10 minutes or until thickened.
- 3 Divide rice among 8 bowls. Divide shredded beef among bowls of rice. Top with reserved green onion greens, cilantro and sesame seed; serve with lime wedges.