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Crockpot Beef and Broccoli

Ingredients:

- 1 lb chuck roast, sliced in thin strips
- 3 cups broccoli florets
- 1 granny smith apple, sliced thinly
- 1/2 cup chicken stock
- 1/4 cup coconut aminos or gluten free soy sauce
- 1/4 cup raw honey
- 3 cloves garlic, minced
- 1 tsp ground ginger

PREPARATION:

1. Combine stock, coconut aminos, honey, garlic, ginger and sliced beef in the crockpot.
2. Add the beef and stir to combine.
3. Cook on low for 4-5 hours.
4. Before serving, add the broccoli and cook for an additional 30 mins.

Serves 4