

Simple Sesame Beef

(Freezer Meal)

Ingredients:

- 3 gallon sized freezer bags
- 1 pounds beef roast, sliced
- 1 onion sliced
- 2 cloves of garlic, minced
- ¼ cup soy sauce
- 1 cup homemade beef stock
- 1 tsp ginger
- ½ tsp salt
- ½ tsp pepper
- 12-16oz fresh or frozen broccoli
- 2 snack sized bags (or sandwich bags will do)
 - Put 2 tablespoons of arrowroot flour/starch into one snack bag.
 - Put 1/2 cup of sesame seeds (toasted preferred) into the other snack bag.

Directions:

- Label bag one: Simple Sesame Beef – Cook on low 7-8 hours
- In bag two: place beef roast strips, onions, garlic, soy sauce, beef stock, ginger, salt and pepper. Seal and knead the bag to mix well. Place bag two inside bag one.
- Add the two snack sized bags with arrowroot and sesame into the labeled bag.
- Add broccoli to bag 3 and place inside labeled bag one (if there is no room, just attach it to the outside with a rubber band.

Cooking Day:

- Defrost in the refrigerator overnight.
- **For Crockpot:**
 - a. Pour the contents of the meat bag into a crockpot and cook on low 7-8 hours.
 - b. An hour or more before you want to eat, ladle some broth into a bowl and mix in arrowroot then add back to the crockpot.
 - c. Add in the defrosted broccoli over the top of the meat and allow the broccoli to cook.
 - i. Alternatively, you can steam the broccoli separately and still get the same results.
 - d. When broccoli is done and sauce is thickened, mix well and top with sesame seeds.
- **For Pressure Cooker:**
 - a. Pour the contents of the meat bag into a inner pot of your pressure cooker
 - b. Seal and set on high pressure for 10 minutes..
 - c. When time is up, use quick release of the pressure and remove the lid. Set the pot to saute/sear.
 - d. Mix the arrowroot in the pot and mix well.
 - e. Add the defrosted broccoli just over the top of the meat and seal the pot.
 - f. Set on high pressure for 1 minute. When the timer goes off, quick release.
 - g. Mix well and top with sesame seeds. Optional Sriracha as a topping!