



Sunday Dinner

Slow Cooker Mongolian Beef

Ingredients:

- 1 1/2 lbs flank steak thinly sliced against the grain
- 1/4 cup cornstarch
- 1 tbsp toasted sesame oil
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1/2 cup low sodium soy sauce
- 1/3 cup brown sugar
- 1/2 cup water
- 1/2 cup green onion cut into 1/2 inch pieces

Directions:

1. Place the flank steak in a bowl with the cornstarch and toss to coat evenly.
2. Add the flank steak to the slow cooker.
3. Place the sesame oil, garlic, soy sauce, brown sugar and water in the slow cooker. Stir to coat the meat in the sauce.
4. Cover and cook on HIGH for 2-3 hours or LOW for 4-5 hours.
5. Stir in the green onions, then serve.

This is paired nicely with white or fried rice. You can prepare the rice ahead of time so that it is all ready to go when you get home from church. Just heat the rice and scoop up the mongolian beef and pour over the top. Voila!