

Foodnity Recipes

Slow Cooker Honey Garlic Beef

15 min Prep time	**7 h** Cook time	**7 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 1/3 cup honey
- [ ] 1/4 cup soy sauce (low-sodium)
- [ ] 4 garlic cloves, minced
- [ ] 2 tbsp apple cider vinegar
- [ ] 1/2 tsp red pepper flakes (optional)
- [ ] 1 tbsp olive oil

For the Sauce

- [ ] 1/2 cup beef broth
- [ ] 1 tsp cornstarch mixed with 2 tsp water (optional)
- [ ] Salt and pepper to taste

Instructions

1. Season the beef cubes with salt and pepper, then toss them in olive oil.
2. Place the beef in the slow cooker, pour over honey, soy sauce, minced garlic, vinegar, and red pepper flakes; stir gently.
3. Add beef broth, cover, and cook on low for 7-8 hours until the meat is fork-tender.
4. If you'd like a thicker glaze, stir in the cornstarch slurry about 30 minutes before the end and let it cook uncovered.
5. Taste, adjust seasoning if needed, then serve over rice or noodles, drizzling the remaining sauce over the top.

Nutrition per serving

420 kcal	36 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, sear the beef cubes in a hot skillet before adding to the slow cooker.
- A splash of orange juice can add a citrusy brightness that pairs nicely with honey.
- If the sauce is too salty, a pinch of sugar balances it out.