

Foodnity Recipes

# Slow Cooker Mongolian Beef – Easy Weeknight Dinner

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| **15 min**<br>Prep time | **6 h**<br>Cook time | **6 h 15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Asian-American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1.5 lb beef chuck, thinly sliced
- [ ] 1/2 cup low-sodium soy sauce
- [ ] 1/4 cup brown sugar
- [ ] 3 tbsp rice vinegar
- [ ] 2 tbsp cornstarch
- [ ] 1 tbsp grated fresh ginger
- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup water
- [ ] 2 tsp sesame oil
- [ ] 2 green onions, sliced

### Optional Garnish

- [ ] 1 tsp toasted sesame seeds
- [ ] Fresh cilantro leaves

## Instructions

1. In a bowl, whisk together soy sauce, brown sugar, rice vinegar, water, ginger, garlic, and sesame oil.
2. Place the beef strips in the slow cooker, pour the sauce over, and toss to coat.
3. Cover and cook on low for 6 hours, or until the beef is fork-tender.
4. Remove about 1/4 cup of cooking liquid, whisk in cornstarch until smooth, then stir back into the pot; cook on high for 15 minutes to thicken.
5. Garnish with sliced green onions, sesame seeds, and cilantro before serving.

### Nutrition per serving

| 420 kcal | 30 g | 35 g | 18 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a spicier glaze, add a pinch of red pepper flakes.
- Stir gently when adding the slurry to avoid lumps.
- Serve over steamed jasmine rice or noodles for a complete meal.