

[Slow-Cooker Mongolian Beef](#)

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Prep time: 10 minutes

Cook time: 4-1/2 hours

Servings: 4

Ingredients

3/4 cup reduced-sodium chicken broth
2 tablespoons reduced-sodium soy sauce
1 tablespoon hoisin sauce
2 teaspoons minced fresh gingerroot
2 teaspoons sesame oil
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1 pound beef flank steak, cut into thin strips
2 tablespoons cornstarch
2 tablespoons water
2 cups hot cooked rice
5 green onions, cut into 1-inch pieces
Sesame seeds, optional

Directions

1. In a 4- or 5-qt. slow cooker, combine first 8 ingredients. Add beef and toss to coat. Cook, covered, on low 4-5 hours, until meat is tender.
2. In a small bowl, mix cornstarch and water until smooth; gradually stir into beef. Cook, covered, on high until sauce is thickened, 15-30 minutes. Serve over hot cooked rice. Sprinkle with green onions and, if desired, sesame seeds.