

# INSTANT POT BEEF AND BROCCOLI

## YOU'LL NEED:

2 lbs beef chuck roast or flank steak, cut into small pieces or thin strips  
1/3 cup soy sauce  
2/3 cup water  
2 tbsp brown sugar or sugar-free sweetener for keto option  
1 lb broccoli florets fresh or frozen  
4 cloves garlic  
1-inch piece of fresh ginger or 1 tsp ground ginger  
3 tbsp cornstarch or xanthan gum for keto option  
1/4 cup hot water  
Sesame seeds for garnish optional

## HOW TO MAKE IT:

Put soy sauce, 2/3 cup water, brown sugar, garlic and ginger in a food processor or blender and process until smooth (if you'd like to make it without a food processor, mince garlic and ginger by hand and combine with soy sauce, water and sugar in a cup).

Put sliced beef in the Instant Pot and pour soy sauce mixture over it. Toss with your hands to make sure all the beef is coated with soy sauce mixture.

Close the lid of the Instant Pot and set the valve to a Sealing position. Press the "Pressure

Cook" or "Manual" button and set the time to 10 minutes on High pressure.

While the beef is cooking, put the broccoli in a microwave-safe bowl and microwave on

When the beef is done cooking, quick release (QR) the steam

and open the Instant Pot lid.

On the Instant Pot, press the Saute button and set the time to 15 minutes.

In a cup, mix the cornstarch with 1/4 cup of hot water. Add the cornstarch mixture to the

Instant Pot and mix until incorporated. The beef mixture will come to a boil and the sauce will gradually thicken (in about 3 minutes).

Stir the cooked broccoli into the beef mixture and serve. Sprinkle with sesame seeds for garnish (if using).