



## Slow Cooker London Broil Recipe

Recipe found on AnnsEntitledLife.com

Prep Time: 20 Minutes

Cook time: 6 hours – 8 hours

### Slow Cooker London Broil Mise en Place:

- [Skillet](#)
- [Slow Cooker](#)
- [Measuring Cup](#)
- [Measuring Spoons](#)
- Knives
- Cutting Board

### Slow Cooker London Broil Ingredients:

- 2.5 lbs London Broil
- ½ tsp Salt
- ½ tsp Pepper
- 1 TBSP Olive Oil
- 1 tsp Sesame Oil
- 3 cups Beef Broth, divided
- 4 TBSP Low Sodium Soy Sauce, divided
- 2 large onions, sliced and divided
- 4 Garlic Cloves, sliced
- 1" piece Ginger, cut into quarters
- 2 TBSP Cornstarch
- 1 Green Pepper, seeded and sliced
- 1 Red Pepper, seeded and sliced
- 1 Yellow Pepper, seeded and sliced
- 1 tsp Chili Flakes
- 1 Green Onion for garnish, optional

## Slow Cooker London Broil Directions:

- Trim all visible fat and silver skin off of the London broil. Sprinkle each side with ¼ teaspoon salt and ¼ teaspoon pepper. Set aside.
- In a large [skillet](#), heat the olive and sesame oil over medium-high heat.
- When the oil is hot, add the London broil and cook for 4-5 minutes on each side or until browned. If it appears to be cooking too hot (or burning), turn the heat down to medium. You're not cooking it through, just browning it for an extra layer of flavor.
- Remove meat from pan and add 2 cups of beef broth and 2 tablespoons of soy sauce to the pan. Bring to a simmer and scrape up all the browned bits on the bottom of the [skillet](#). Turn the heat off.
- Slice one of the onions and place it on the bottom of the [slow cooker](#) followed by the garlic and ginger.
- Place the pan-browned meat on top of the onions, garlic, ginger and pour the broth from the pan over the meat.
- Cover and [slow cook](#) on high for 5- 6 hours or on low for 7-8 hours.
- Remove the meat from the pan and set aside. If you cooked your meat on low, turn it up to high at this point.
- Remove the ginger chunks and discard.
- In a small bowl, add the cornstarch, remaining 2 tablespoons of soy sauce and 1 cup of beef broth. Pour this into the [slow cooker](#) and whisk until smooth. Cover and let cook while you slice the beef.
- Thinly slice the London broil going against the grain. (When you're slicing the beef, it will appear to be very dry. Don't worry. As soon as you add it back to the [slow cooker](#) with the sauce and vegetables, it absorbs all that moisture and becomes amazingly tender! Just be sure to thinly slice it against the grain.)
- Add all of the peppers, remaining onion, chili flakes and sliced beef back to the [slow cooker](#). Cover and cook for another hour or until the vegetables are cooked tender and the sauce has slightly thickened and coated all of the ingredients.
- Taste for seasonings and check for sauce consistency. You can add more salt, pepper, chili flakes, ginger or soy at this point if you desire. Also, if the sauce has not thickened enough, add another tablespoon of cornstarch to 1/4 cup of cold water in a measuring cup. Then, add that dissolved corn starch to the slow cooker. Stir to combine and cook for another 15 – 20 minutes to thicken.
- Serve over rice with thinly sliced green onions, if desired.
- Makes 8 servings Slow Cooker London Broil Recipe

## Notes:

- You can skip the browning of the meat, and it will still come out very well. That said, browning it will result in a richer, more flavorful dish.
- The cooking time for the beef will vary depending on your [slow cooker](#). London broil is a tough piece of meat, so you'll know it's done when you can easily tear a piece off of the end with a fork. My [slow cooker](#) cooks high, so mine was done in about 6 hours.
- The ginger for flavor. If you want to keep it in the dish, just peel and thinly slice it before adding it to the [slow cooker](#).