



 **Prep Time:** 10 minutes

 **Cook Time:** 10–15 minutes

 **Servings:** 4–6

 **INGREDIENTS**

Beef Base (from roast)

- 2–3 cups shredded bottom rump roast
- 1–2 cups reserved beef broth

Vegetables

- 2 cups broccoli florets
- (fresh or frozen)

Sauce

- 2 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder

Optional

- 1 tbsp butter or oil
- Cornstarch slurry (1 tbsp cornstarch + 2 tbsp water) for thickening

ROAST BEEF DRY RUB (Used in Base Recipe)

- 2 tbsp ground marjoram
- 2 tbsp garlic powder
- 2 tbsp oregano
- 2 tsp thyme
- 2 tsp parsley
- 1 1/2 tsp coarse salt
- 2 tsp pepper
- 1/4 cup brown sugar

INSTRUCTIONS

Step 1: Prepare Beef

Use your cooked pressure cooker roast. Shred beef and set aside. Reserve broth for sauce.

Step 2: Cook Broccoli

Steam or sauté broccoli until tender-crisp (about 5 minutes).

Step 3: Make Sauce

In a pan, combine:

- Beef broth
- Soy sauce
- Worcestershire sauce
- Brown sugar
- Garlic powder
- Onion powder

Bring to a gentle simmer.

Step 4: Combine

Add shredded beef and broccoli to the sauce. Stir well and heat through.

Step 5: Thicken (Optional)

Add cornstarch slurry and simmer until sauce thickens.

Step 6: Finish

Taste and adjust seasoning if needed. Serve hot.

MEAL PREP IDEAS

- ✓ Beef & broccoli dinner
- ✓ Serve over rice or noodles
- ✓ Meal prep bowls
- ✓ Leftover freezer meals

TIPS

- Use roast broth for best flavor
- Don't overcook broccoli
- Add extra broth for lighter sauce
- Add mushrooms or peppers for variation

NUTRITION (Estimated Per Serving)

Calories: 350–450

Protein: 30–40g

Carbs: 15–25g

Fat: 12–18g

Fiber: 3–5g

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