

Beef and Broccoli Soup

Makes 4 servings

1 medium onion, sliced
1½ pounds beef chuck roast, thinly sliced
2 teaspoons minced garlic
2 cups beef stock
Salt and black pepper
6 cups frozen broccoli
Optional toppings: chives and grated Parmesan cheese

1. Lay onion in bottom of slow cooker; top with beef, garlic, salt and pepper. Pour in broth.
2. Cover; cook on HIGH 3 hours until beef is tender. Stir in broccoli.
3. Cover; cook 1 hour or until broccoli is heated through. Top as desired.

Courtesy: Joella Morris