

Choco Fever Dream

Garlic Butter Beef Bites – High Protein Slow Cooker Recipe

15 min Prep time	**8 h** Cook time	**8 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lb beef chuck, cut into 1-inch cubes
- [ ] 4 tbsp unsalted butter
- [ ] 4 garlic cloves, minced
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] ¼ cup low-sodium beef broth

Finishing Touches

- [ ] 2 tsp fresh thyme leaves
- [ ] 1 tbsp fresh parsley, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tsp lemon juice

Instructions

1. Pat the beef cubes dry, then season with salt and pepper.
2. In a skillet, melt 2 tbsp butter over medium-high heat and quickly sear the beef on all sides, just for color.
3. Transfer the beef to the slow cooker, add minced garlic, the remaining butter, and beef broth.
4. Cover and cook on low for 7-8 hours, until the meat is fork-tender.
5. Stir in thyme, parsley, lemon zest, and juice just before serving.

Nutrition per serving

420 kcal	38 g	3 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of red pepper flakes during the last hour.
- For a richer sauce, swirl in a tablespoon of heavy cream before serving.
- Adjust salt to taste after the broth reduces.