

Treasure Barrel

Garlic Butter Beef Bites – High Protein Slow Cooker Dinner

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 4 tbsp unsalted butter, melted
- [ ] 5 cloves garlic, minced
- [ ] 1 cup low-sodium beef broth
- [ ] 1 tsp fresh thyme leaves
- [ ] ½ tsp freshly ground black pepper
- [ ] Salt to taste

Optional Finish

- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tbsp chopped parsley

Instructions

1. Pat the beef cubes dry, then season lightly with salt and pepper.
2. Heat a skillet over medium-high, add a splash of butter, and quickly sear the beef in batches until browned, about 2-3 minutes per side.
3. Transfer the seared beef to the slow cooker. In a bowl, whisk melted butter, minced garlic, thyme, and broth; pour over the meat.
4. Cover and cook on low for 6-8 hours, or until the meat is fork-tender.
5. Stir in lemon juice and parsley just before serving. If you'd like a thicker sauce, mix 1 tsp cornstarch with 2 tsp water and add during the last 15 minutes.

Nutrition per serving

420 kcal	45 g	5 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, increase butter to 6 tbsp.
- For a spicy kick, add a pinch of red pepper flakes with the garlic.
- Use a cast-iron Dutch oven instead of a slow cooker for a deeper caramelization.