

Helergon Kitchen

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

- [ ] 1.5 lb beef stew meat, cut into bite-size cubes
- [ ] 3 tbsp unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1 cup low-sodium beef broth
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh parsley, chopped
- [ ] Salt and pepper to taste

Instructions

1. Season the beef cubes with salt and pepper, then sear in a hot skillet with 1 tbsp butter until lightly browned on all sides. Transfer to the slow cooker.
2. In the same skillet, melt the remaining butter, add minced garlic and sauté for 30 seconds until fragrant. Pour this mixture over the beef in the slow cooker.
3. Add beef broth and lemon zest to the slow cooker, stirring gently to combine. Cover and cook on low for 6-8 hours.
4. When ready, stir in fresh parsley and a splash of lemon juice. Taste and adjust seasoning if needed.
5. Serve the buttery beef bites over rice, mashed potatoes, or a simple green salad. For extra flavor, consider a side of Korean ground beef bowl.

Nutrition per serving

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

Tips & notes

- If you prefer a thicker sauce, stir in a cornstarch slurry 30 minutes before the end.
- Avoid lifting the lid frequently; the steam is essential for tenderness.
- A pinch of smoked paprika adds a subtle depth without overpowering the garlic butter.