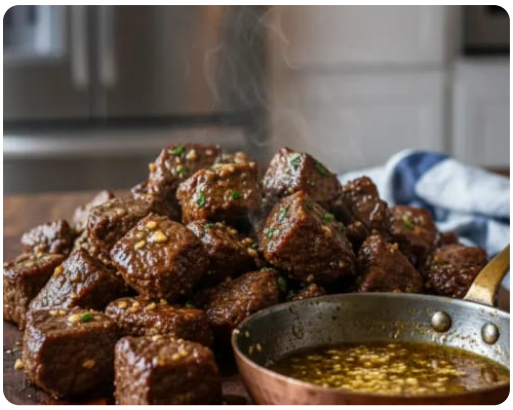


Plate Dream

Slow Cooker Garlic Butter Beef Bites – High Protein 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
- [ ] 5 garlic cloves, minced
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp honey
- [ ] 2 tbsp lemon juice
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1 tbsp low-sodium soy sauce (for extra depth)
- [ ] Chopped fresh parsley for garnish

Instructions

1. Pat the beef cubes dry, season with salt and pepper, and sear in a hot skillet with 2 tbsp butter until browned on all sides.
2. Transfer the seared beef to the slow cooker; add minced garlic, thyme, honey, and the remaining butter, then stir gently.
3. Set the cooker to low and let it simmer for 6-8 hours, or until the meat is fork-tender.
4. About 10 minutes before serving, stir in lemon juice and, if using, soy sauce for an extra layer of flavor.
5. Serve hot, garnished with fresh parsley, alongside your favorite side.

Nutrition per serving

420 kcal	30 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer glaze, add an extra tablespoon of butter at the end.
- For a slightly spicy kick, stir in a pinch of red pepper flakes during the last 30 minutes.
- The dish pairs beautifully with a simple cucumber salad or steamed rice.