

Zucchini Bread Recipes

Garlic Butter Beef Bites: High-Protein Slow Cooker Recipe

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 bites
- [ ] 4 cloves garlic, minced
- [ ] 4 tbsp unsalted butter, divided
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] ½ tsp sea salt
- [ ] ¼ tsp black pepper

Instructions

1. Season the beef bites with salt and pepper, then toss with half of the minced garlic and thyme.



2. Place the seasoned beef into the slow cooker, dot with 2 tbsp butter, and spread the remaining garlic over the top.



3. Cover and cook on low for 6-8 hours until the meat is fork-tender.



4. Just before serving, stir in the remaining 2 tbsp butter, lemon juice, and give everything a gentle toss.



5 Serve hot, perhaps alongside a simple green salad or steamed vegetables.



Nutrition per serving

420 kcal	35 g	3 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, add an extra tablespoon of butter at the end.
- For a touch of heat, sprinkle a pinch of cayenne with the thyme.
- Adjust lemon juice to taste; a little goes a long way.