



SIMPLE KOREAN FLANK STEAK (CROCK POT)

SUBMITTED BY: Sandra Bauer, GEM RN - Emergency

This is a super simple recipe for busy families. It packs lots of flavor!
I normally serve it with steamed veggies and brown rice!

DIRECTIONS:

1. Marinate 2 hours, or overnight
2. Cook 8-10 hours on low.

INGREDIENTS:

2kg flank steak

1 cup soya sauce

½ cup brown sugar

1 bunch green onions chopped

6 cloves garlic minced

4 tbsp. fresh ginger grated