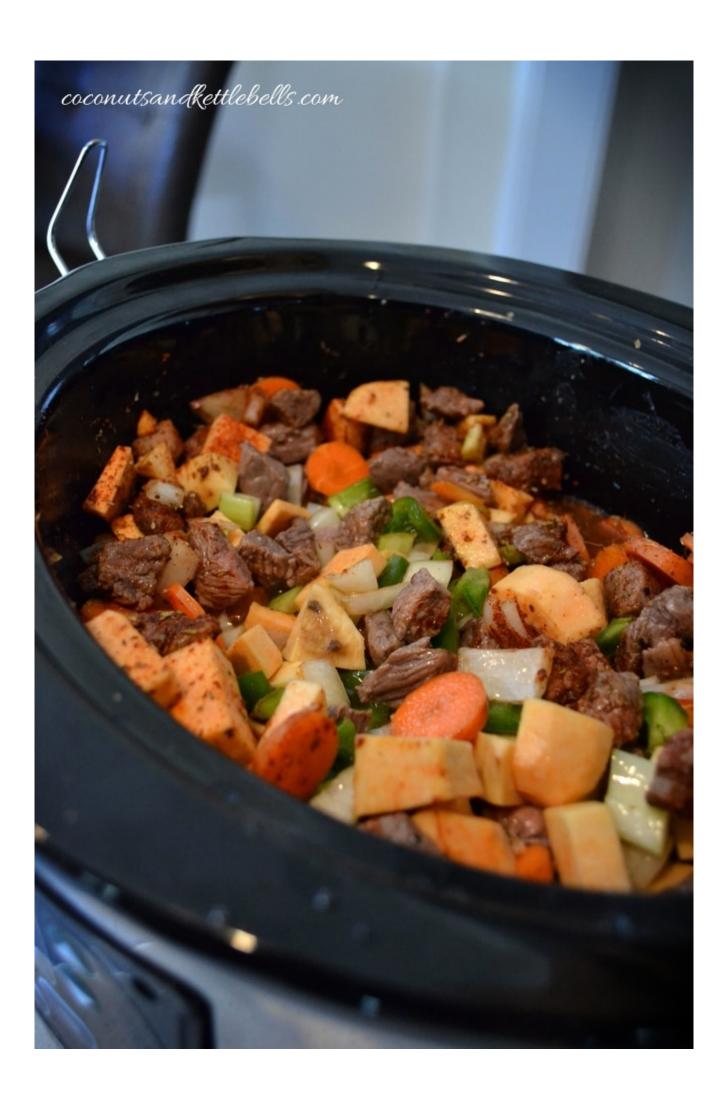
Slow Cooker Beef and Sweet Potato Stew

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Ingredients

- 2 lbs beef stew cubes, cut into bite-sized pieces
- 2 small sweet potatoes, peeled and cubed
- 3 celery stalks, sliced
- 3 medium carrots, sliced
- 1 medium bell pepper (any color), diced
- 1/2 medium onion, chopped
- 3.5 cups broth

The spices:

- 1 tbsp paprika
- 1 tsp oregano
- 1 tsp basil
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1/2 tsp cinnamon
- 1/2 tsp unrefined sea salt and black pepper, each

Instructions

- After cutting the beef cubes into bite-sized pieces, brown on high in coconut oil in a large sauté pan for 2-3 minutes. (I skip the browning when I'm in a rush and it still comes out tasty.)
- 2. Add the beef cubes and all other ingredients into the slow cooker (minus the broth), and mix well to combine.
- 3. Pour broth on top of the mixture, and cover and cook on LOW for 7-8 hours.

Recipe is from Coconut Kettlebells