

Slow Cooker Beef and Sweet Potato Stew

Slow Cooker Beef and Sweet Potato Stew

coconutsandkettlebells.com



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

1. 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