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Beggar's Chowder

Prep Cook Time: 6 hours 30 minutes

Crock Pot Recipe

SERVES 4

Ingredients

¼ cup flour
1 Tablespoon garlic salt
1 Tablespoon thyme
1 Tablespoon paprika
½ teaspoon pepper
4 Tablespoons olive oil
1 lb round beef chunks
10 oz can beef broth
2-15oz cans cream-style corn
10 oz can petite diced tomatoes, drained
½ cup chopped onions
2 teaspoons dried cilantro
Salt & pepper to taste
1 cup Half & Half

Steps

1. In a Ziploc bag, combine flour & next 4 dry spices. Add meat chunks into mixture & toss until coated. Cook chunks in olive oil until browned. Add to crock pot.
2. Drain tomatoes. Add broth, corn, tomatoes & onions. Cook on low for 6 hours.
3. Add cilantro for last hour. Stir in Half & Half, salt & pepper to taste, and cook 15 more minutes.