



BEEF STEW

MAKES 4 SERVINGS

INGREDIENTS

- 1 LB GRASS-FED STEW MEAT**
- 1/2 LARGE ONION, SLICED**
- 2 BELL PEPPERS, CUT INTO CHUNKS**
- 4 CLOVES GARLIC, CHOPPED**
- 1/2 TSP SMOKED PAPRIKA**
- 2 TSP CHILI POWDER**
- 1/2 TSP CUMIN**
- SALT & PEPPER**

METHOD

**COMBINE ALL INGREDIENTS IN CROCK POT. COOK ON LOW
5-6 HOURS.**