

Crockpot Beef Stew

THM-Friendly: E

- 2 lbs. lean ground beef, turkey or venison
- 32 - 64 oz. chicken broth
- 4 cups golden potatoes
(mini ones cut in half or larger ones cut into chunks)
- 1 - 15 oz. can of diced tomatoes
- 2 large carrots cut OR 2 - 15 oz. cans
- 1/2 tsp. mineral salt

- 3 Tbsp. sprouted wheat flour
- 1/2 cup water

ANY VEGGIES YOU CHOOSE:

- good options are your favorite FROZEN veggies
- canned veggies: green beans, corn, peas



Put the raw meat and 32 oz. of chicken broth in the bottom of the crockpot. Let those cook on high for 1 hour. After the hour chop the meat into pieces.

Now add all the potatoes, tomatoes, other veggies and salt. If you would like it soupier, add extra broth or water now to make it as soupy as you'd like.

Cook for an additional 3 hours on high or 6 hours on low.

When your stew is done, whisk the sprouted wheat flour and water together and add to your crockpot.

Mix in well and cook on high for another 15 minutes.

enJOY!

You can serve [No Carb Easy Bread](#) or [Swiss Bread](#) ([Trim Healthy Cookbook](#)) pg 196, cooked in a mini waffle maker.

NOTE: You can make this a delicious XO by using any meat with fat.

