



Healthy Eating & Weight Loss

Slow Cooker Colombian Stew

- 1 pound beef boneless chuck, all fat removed, cut into 1 inch pieces
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 and 1/2 tsps olive oil
- 3 cups 1-inch cubed peeled sweet potatoes
- 2 tsps finely chopped garlic
- 2 whole cloves
- 1 dried bay leaf
- 1 stick cinnamon
- 1 large onion
- 1 can (28oz) Italian Style tomatoes, undrained
- 8 dried apricots, cut in half
- chopped fresh parsley

Sprinkle beef with salt and pepper. Heat oil in skillet over medium-high heat. Cook beef in oil about 5 minutes, until brown

Mix beef and all ingredients EXCEPT apricots and parsley in your slow cooker. Cover and cook on low about 8 hours or until beef is tender

Stir in apricots and cook on low another 15 minutes until apricots are soft. Discard cloves, bay leaf and cinnamon stick. Sprinkle with parsley and serve

280 calories per serving, 19 g protein

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