

Crock Pot Beef Stew (Low Carb)



Ingredients:

- 2 pounds stew beef meat
- 3 tablespoons olive oil
- 2 cups beef stock
- 14.5 ounce can diced tomatoes, drained
- 4 ounces mixed bell peppers, chopped
- 4 ounces cremini mushrooms, quartered
- 2 ribs celery, chopped
- 1 large carrot, chopped
- 1 small onion, chopped
- 4 large cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce (or coconut aminos)
- 2 teaspoons sea salt
- 1 ½ teaspoons ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano

Instructions:

1. Heat the slow cooker on low setting.
2. In a large skillet over medium heat, sear the beef in olive oil, browning on both sides & transfer to slow cooker.
3. To the slow cooker, add Organic Beef Stock, tomatoes, bell peppers, mushrooms, celery, carrot, onion, garlic, tomato paste, Worcestershire sauce, sea salt, black pepper, garlic powder, onion powder, and dried oregano.
4. Cover and cook on low 6-8 hours.