

CAJUN BEEF STEW

*Cooks all day
while you're
away!*

Utensil: Electric Skillet or Gourmet Slo-Cooker

2 pounds Boneless Beef Stew Meat cut into 1" cubes

1 large Onion, chopped

1 tablespoon Minced Garlic

1 stalk Celery, minced (reserve the leaves)

1 28-ounce can Diced Tomatoes

3 Potatoes, scrubbed and diced

2 Carrots, scrubbed and chopped

1 tablespoon Cumin

1 teaspoon Thyme

1 tablespoon oregano

1 Bay Leaf

1/8 teaspoon Cayenne Pepper

1 tablespoon Cajun Seasonings, if available

1 tablespoon Louisiana Hot Sauce

1 tablespoon Worcestershire Sauce

Lawry's Seasoning, to taste

1 10-ounce bag Frozen Corn (optional)

1/4 head Cabbage, shredded (optional)

Brown stew meat in slo-cooker. Drain any excess fat. Add remaining ingredients. Bring to boil over medium heat. Turn heat to low and simmer at least one hour (Longer is better.) Without the beef, this is an awesome vegetable stew. Serves 8 (1-cup servings).

NUTRITIONAL INFORMATION

Calories	407
Carbohydrates (grams)	33
Protein (grams)	40
Total Fat (grams)	11

Cholesterol (milligrams)	93
Saturated Fat (grams)	87
Sodium (milligrams)	390

Beef