

Argentina Style Stew in Crock Pot

- 1 1/2 lbs grass fed, organics stew meat or hormone free stew meat
- 4 slices of uncured apple wood bacon
- 3 med organic carrots cut into 1in. pieces
- 3 med organic onions, diced
- 3 med organic tomatoes cut into wedges
- 2 med organics potatoes, peeled and sliced
- 1 1/2 cups organic butternut squash (can be pre cut)
- 1 med organic green sweet pepper, chopped
- 1 tsp dried thyme
- 1 clove organic garlic minced
- 1 14oz can low sodium beef broth, or use beef bouillon and water to same amount
- 1/2 small head of organic cabbage, coarsely chopped

In a large skillet, cook bacon slices until crisp. Remove, crumble and chill until serving time. Add beef to skillet into bacon drippings, brown on each side.

In a 5-6 qt. slow cooker, place all the vegetables but the cabbage (save until later), then add meat. Pour the beef broth over all.

Cover and cook on low for 8-10 hours, or on high heat for 4-5 hours. Stir in the cabbage the last 20 minutes and cook until tender. If using the low setting, change it to the high setting for this step. Once done, serve and sprinkle with bacon.

6 servings