

VEGETABLE BEEF STEW

Ingredients

- 2 lb Ground Beef, Browned
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 tsp Seasoning Salt
- 1 tsp Onion Powder
- 2 C Onions, Diced & Sautés
- 2 C Corn
- 4 C Carrots, cubed
- 2 C Green Beans
- 2 C Peas
- 5 C Bone Broth, or Broth

Directions

- Brown ground beef with spices, add to slow cooker or stock pot
- Sauté the onions, add to slow cooker or stock pot
- Add vegetables and bone broth
- Bring to a simmer and cook vegetables until soft
- Serve hot

Tips

- If you are using fresh vegetables, especially carrots, cook the carrots until mostly tender before adding the other vegetables to prevent them from becoming mushy
- Stores in fridge for up to 10 days or freezer for up to 3 months