

Beef Stew



Ingredients:

- 1 lb beef chuck roast (grass-fed, trimmed & cut into bite-sized pieces)
- 3 carrots (chopped)
- 2 stalks celery (chopped)
- ½ onion (chopped)
- 1 clove garlic
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ C brown rice
- 4 C water (not needed until cooking day)
- 1 gallon-sized Hefty plastic freezer bag

1. Label freezer bag with the name of the recipe, cooking instructions and use-by date.
2. Combine all ingredients (except water) in gallon-size freezer bag, adding the beef last.
3. Remove as much air as possible from the bag, seal, and freeze for up to three (3) months.
4. When ready to cook, thaw ingredients, and add to crockpot with water. Cook on “low” for 6-8 hours or until carrots are soft.
5. Remove bay leaf before eating.
6. Pair with salad.

Nutritional information:

Serving size: 1 C (346g)
Calories: 262
Fat: 14g
Protein: 16g
Fiber: 3g
Sodium: 251mg
Cholesterol: 69mg
Source: NutriCalcPlus



Ingredient facts:

Garlic - A member of the *Allium* family. Rich in flavonoids and sulfur-containing nutrients. Health benefits include support for the cardiovascular system, wide-spectrum anti-inflammatory, antibacterial, antiviral, cancer prevention, and iron metabolism.

Thyme - Botanically known as *Thymus vulgaris*. High in vitamin K, iron and manganese. Shown to have antimicrobial effects against bacteria and fungi. Provides significant anti-oxidant protection of cellular membranes, especially in the brain, kidney and heart.

Rosemary - A member of the *Lamiaceae* (mint) family. Known to improve circulation, promote warmth, invigorate the lungs, and uplift the spirits. Is considered antibacterial, anti-inflammatory, antidepressant and cardio-tonic.

Recipe adapted from www.livesimply.me

Image courtesy of www.livesimply.me

Mars, B. (2013). *iPlant: A Mobile Field Guide to Medicinal and Edible Plants*