



JAMIE'S GINGERY BEEF STEW

A BOWL OF COMFORT!

- 2 Tbsp lard or coconut oil
- 1/2 small onion diced (or 2 small leeks - white part only)
- 2 cloves garlic finely diced
- 1 Tbsp finely diced ginger
- 1 lb beef stew meat, cut into 1" cubes
- 2 large (or 4 small) carrots, sliced thick
- 2 cup cauliflower large florets
- 2 stalks celery, sliced thick
- 14.5oz can diced tomatoes, (or 1 cup fresh)
Option to leave out and add 1/2 cup of broth.
- 4 cups of homemade bone broth (chicken or beef), or store bought (organic, no additives or sugar)
- Salt and Pepper to taste

4 SERVINGS

- 1** I prefer the Instant Pot for the most tender meat, but this could easily be done in a Crock Pot as well.
- 2** For Instant Pot: Add oil, onions, garlic, ginger to Pot on saute setting for 1 min, add beef and sautee additional 3 mins.
- 3** Add broth and remaining ingredients. Close lid and set to 35 mins on manual setting. Vent immediately and turn off to stop cooking or your veggies will get too soft.
- 4** I have not made this in the Crock Pot, but I would sautee ingredients per step 2 in separate pan and add everything to Crock Pot for approx 6 hours on low.
- 5** Divide into 4 servings and serve topped w/ half a medium avocado!
Will freeze well if needed.

Calories (including avocado): 472 per serving
net carb: 11g (10%) Protein: 38g (34%) Fat: 28g (56%)