



Slow Cooker Beef Stew with Eggplant, Zucchini and Tomatoes

by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients

- 2 lbs lean beef, cut into bite-sized cubes
- 5 Tbsp extra virgin olive oil
- 2 onions, chopped
- 1 lb of zucchini, sliced
- 1 lb eggplant, cubed
- 1 tsp thyme, dried
- 1 tsp sage, dried
- 2 Tbsp fresh mint, chopped
- 1 pound tomatoes, chopped
- 5 cups water
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Add all the ingredients to the slow-cooker. Mix very well.
2. Set the slow-cooker to high and cook for 6 hours.
3. Serve with bread and salad. Enjoy!