MIIA Well Aware
Your Health Promotion Partner

Slow Cooker Beef Stew with Eggplant, Zucchini and Tomatoes

Recipe 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

Instructions

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!