

Main Dish

Santa Fe Stew

Makes 4-6 servings

Prep. Time: 20 minutes Cooking Time: 4 1/2-6 1/2 hours

Ideal slow-cooker size: 4-qt.

Allergy Alert:

Ingredients

2 lbs. sirloin, or stewing meat, cubed

2 Tbsp. oil

1 large onion, diced

2 garlic cloves, minced

1 1/2 cups water

1 Tbsp. dried parsley flakes

2 beef bouillon cubes

1 tsp. salt

3 carrots, sliced

1 1/2-oz. can diced tomatoes

1 1/2-oz. can green beans, drained, or 1 lb. frozen green beans

1 1/2-oz. can corn, drained, or 1 lb. frozen corn

4-oz. can diced green chilies

3 zucchini squash, diced, optional

Slow Cooker Instructions

1. Brown meat, onion, and garlic in oil in saucepan until meat is no longer pink. Place in slow cooker.
2. Stir in remaining ingredients.
3. Cover. Cook on High 30 minutes. Reduce heat to Low and cook 4-6 hours.