

# PALEO / NICK



## **Beef and Butternut Braise**

*Yields: 18P, 18C, 0F*

### **Ingredient List:**

- 2 Pounds Grass Fed Beef Stew Meat
- 4 Cups Butternut Squash, medium dice
- 1 Large Onion, large dice
- 3 Large Carrots, large dice
- 4 Stalks Celery, large dice
- Kosher Salt, to taste
- Black Pepper, to taste
- 1 28oz. Can Diced Tomatoes
- 1 15oz. Can Crushed Tomatoes or Sauce
- 2 Bay Leaves

**Preparation Instructions:**

1. Place butternut squash in the bottom of a large mixing bowl.
2. Throw stew meat on top of squash and season with salt and pepper to taste.
3. Add carrots, celery and onion to the bowl and season again to taste.
4. Add diced tomatoes and crushed tomatoes and toss all ingredients until uniformly combined.
5. Pour mixture into a slow cooker or hotel pan and add bay leaves. Cook in the slow cooker on low for 8 hours, or in the hotel pan, covered with foil, at 290°F for 8 hours.
6. Eat at once or portion into containers and refrigerate for up to a week or freeze for up to 6 months.
7. Enjoy, share with your friends ☺, and...

**“Keep It Paleo!”**