



Slow Cooker Stew

Ingredients:

- 1kg Gravy Beef / Osso Bocco / Chicken / Lamb or any other stewing meat you like
- 2 Swiss brown mushrooms roughly sliced
- 2 Button mushrooms roughly sliced
- 1 Medium carrot roughly chopped
- 1 Onion roughly sliced
- 1 Shallot roughly sliced
- 200gms Pumpkin roughly chopped
- 1 Red capsicum roughly sliced
- 4 cloves garlic finely sliced
- 2 cups of meat stock
- 2 cups of bone broth
- 500ml home made basic tomato based sauce
- 1 tablespoon of home made tomato paste or organic tomato paste with no added sugar
- 2 bay leaves
- 1 cinnamon stick (optional)
- 1 teaspoon salt (Celtic or Himalayan)
- 1 teaspoon pepper

Method:

Place all the ingredients together into the slow cooker and switch onto low.

Leave this to cook on low for 8-10 hours (I often put it on before I go to bed and let it cook over night) then would use it for breakfast the next morning in the Introduction Phase of the GAPS Diet although I could eat this for breakfast any day of the week.

Allow to cool and freeze leftovers, if there are any, alternately for a larger batch, double the recipe.