

# Natural Health Center

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The hearty fall stew that you love with a hint of summer's cilantro makes for a tasty and satisfying bowl of goodness. Loaded with healthy ingredients and just the right amount of heat to take the chill off, you'll feel warm and satisfied after this hearty meal. I think you'll find last month's recipe for Super Quick rolls pairs quite nicely with this dish.

## Southwestern Beef Stew

*Makes four servings that goes nicely with a hot roll.*

1/2 lb. sirloin tip or round tip beef steak cut into 1" cubes  
1/2 tbsp olive or coconut oil  
1 cup vegetable or beef broth  
1/4 cup water  
1 large potato cut into small cubes  
2 carrots sliced  
1/2 of medium onion diced  
1/2 red bell pepper diced  
1 jalapeno, seeded and diced or 1/2 tsp pepper flakes  
2 garlic cloves minced  
2 tsp chili powder  
1/2 tsp dulce flakes (or 1/2 tsp salt)  
1 cup diced or crushed tomatoes (use Chipotle or Fire Roasted for even more heat)  
2 tbsp brown rice flour (or regular wheat)  
2 tbsp water\_2 tbsp minced fresh cilantro

- In Dutch oven, brown meat in oil.
- Add all the rest of the ingredients, in order, up through the tomatoes.
- Bring to a boil, then turn down to a simmer and cook covered for 1/2 hour. You will want to check and stir about half way through.
- Add the tomatoes and cook another 1/2 hour.
- Mix the flour and water and add to pot, stirring until thick, about one minute.
- Take off heat and stir in cilantro.
- Serve hot!

For more recipes and tips on healthy cooking visit [www.essentialgrain.com](http://www.essentialgrain.com).

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