

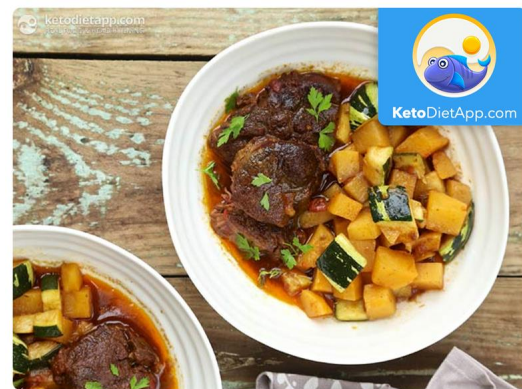
Autumn Beef & Vegetable Stew

Hands-on 20-30 minutes Overall 6-7 hours

Nutritional values (per serving): Total carbs: 12.7 g, Fiber: 3.6 g, **Net carbs: 9.1 g**,

Protein: 31.9 g, Fat: 39.5 g, Calories: 533 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8-10 servings)

- 1.5 kg/ 3.3 lb beef braising steaks, boneless (10 medium braising steaks, 150 g/ 5.3 oz each)
- 1/2 cup ghee, lard or tallow (110 g/ 3.9 oz) -*you can make your own ghee*
- 1 medium white onion (110 g/ 3.9 oz)
- 4 cloves garlic
- 1 large tin chopped tomatoes, unsweetened (400 g/ 14.1 oz)
- 1 cup broth *or* vegetable stock *or* water (240 ml/ 8 fl oz) - *you can make your own bone broth*
- 2 tbsp ground cumin
- 1 tbsp paprika
- 1 tsp ground ginger
- 1 tsp chili powder
- 1 tsp ground coriander seeds
- 1 tsp turmeric powder
- 2 bay leaves
- 2 cinnamon sticks
- 1 1/2 tsp salt or to taste (I like pink Himalayan salt)
- freshly ground black pepper to taste
- 1 medium/ large rutabaga (600 g/ 1.3 lb)
- 4-5 medium zucchini *or* marrow squash (1 kg/ 2.2 lb)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives). Bay leaves and cinnamon sticks are only used for infusing - they are not included in the nutrition facts.

Instructions

1. Preheat the slow cooker (crockpot) to *high*. You will need to use a large 6 quart slow cooker or halve the recipe to fit the ingredients into a smaller slow cooker. Using a paper towel, pat dry the braising

steaks and season with salt and pepper from both sides. Place two to three steaks at a time in a hot pan greased with 1/4 cup of ghee...

2. ... and seal until lightly browned all over. When done, transfer each batch into the preheated slow cooker.
3. Meanwhile, peel and dice the onion and garlic. Place in a pan greased with the remaining ghee and cook until fragrant and lightly browned.
4. Add the tinned tomatoes, broth, paprika, cumin, ginger, chili powder, ground coriander seeds and turmeric. Mix and cook briefly. Pour into the slow cooker over the meat.
5. Add the cinnamon sticks and bay leaves. Cover with a lid and cook for 3 hours before adding the rutabaga.
6. Meanwhile, peel and dice the rutabaga.
7. After the meat has been cooking for 3 hours, use a spatula to push the meat on one side of the slow cooker and add the diced rutabaga. Cook for another hour before adding the zucchini. Meanwhile, dice the zucchini (*I used zucchini and marrow squash*).
8. After an hour, add the zucchini on the same side with the rutabaga and mix briefly to cover with the juices. Using tongs, remove the bay leaves and cinnamon sticks (or remove after the meal is done). Cook for another 2 hours.
9. The stew is cooked when the rutabaga and zucchini are fork-tender.
10. Place in serving plates and garnish with fresh herbs such as parsley or cilantro. Season with more salt and pepper if needed. Enjoy!

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