

suzanne™ Meat and Pork



## BEEF STEW

1 ½ lbs. beef stew meat  
½ jar **SUZANNE™ Beef Bourguignon Simmer Sauce**  
2 teaspoons SUZANNE™ Provence Sea Salt Rub  
2 carrots, sliced  
2 potatoes, diced  
1 onion, quartered

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*Place all ingredients in a slow cooker. Cover and cook on low for 8 hours.*

**Suzanne Somers Weight Loss Plan:** *For Level One Pro/Fats and Veggies, omit carrots and replace potatoes with diced celery root.*