

## *Slow Cooked Beef with Peanuts and Sweet Potato*



- 800g braising steak (such as chuck or blade), trimmed of excess fat, cut into chunks
- 2 tbsp olive oil
- 2 large onions, peeled and diced
- 2 garlic cloves, peeled and diced
- 1 tsp paprika
- 1 tsp cinnamon
- 1 medium sized sweet potato, peeled and cut into chunks
- 1 ½ cups of beef stock
- 1 bay leaf
- 2 tbsp (100% peanut) peanut butter
- 3 tbsp sultanas
- ¼ cup brown rice
- Juice of ½ a lemon
- Fresh parsley leaves

Place the slow cooker onto 'high'. Heat 1 tbsp of oil in a pan over med/high heat. Brown the steak, then place it into the slow cooker with any juices. Heat the other 1 tbsp oil and cook the onions for 10 minutes, until softened. Add your garlic, cinnamon and paprika to the pan and stir fry for one minute. Place the sweet potato into the pan and stir until coated with the onion and spices. Transfer everything into the slow cooker. Pour the stock as well as the bay leaf to the slow cooker, reduce the heat to low and cook for 4 hours. Put the slow cooker back to the high setting, and stir in the natural peanut butter. Add the sultanas and brown rice into the pot and stir again. Cook for 45 minutes. Squeeze in the lemon juice and serve with fresh parsley leaves on top.

Serves: 6. Calories per serve: 345.

Source: [www.losebabyweight.com.au](http://www.losebabyweight.com.au)