

Beef with Spicy Cocoa Gravy Stew

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| 1 T unsweetened cocoa | 1 T olive oil |
| 1 T ground coriander | 1 Medium Onion - Chopped |
| 1 ½ t garlic powder | 1 Red Bell Pepper - Chopped |
| 1 ½ t ground cumin | 3 Carrots - Chopped |
| 1 ½ t ancho chili powder | 4 Tiny Potatoes - Chopped |
| 1 ½ t paprika | 1 Bottle Dark Beer |
| 1 ½ t dried oregano | 1 can diced tomatoes (14.5oz) |
| 1/8 t ground cinnamon | 2 C low sodium beef broth |
| 1 ½ lb Sirloin steak, cut into 1" cubes | 1 t salt |
| ½ C all-purpose flour | 1/8 t freshly ground black pepper |

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Combine unsweetened cocoa and next 7 ingredients (through cinnamon) in a large bowl. Add beef; toss to coat. Remove beef from bowl. Lightly spoon flour into a dry measuring cup; level with a knife. Add flour to cocoa mixture; stir with a whisk. Return beef to bowl; toss to coat.

Heat olive oil in a non-stick frying pan over medium-high heat. Add beef mixture to pan; sauté 5 minutes, turning to brown all sides. Place beef in crock-pot. Add onion, pepper and carrots to pan; sauté 5 minutes or until tender and place in Crock Pot. Place remaining ingredients in crock pot, Potatoes, Beer, Tomatoes, Beef Broth, salt and pepper; cook 8 hours on lowest setting. Salt is not needed if not using low sodium broth. Garnish each serving with fresh oregano, if desired.