



## ***BLiS-ful Beef Stew***

### **Ingredients**

- Boneless Chuck Roast
- 2 Tablespoon BLiS Tuscan Spice Rub
- Splash of BLiS Soy sauce
- Splash of BLiS 9yr Sherry-Maple Vinegar
- Dash of The Naked Botanical Lovage  
Himalayan Salt blend
- 1/4 cup water
- Bite Size - Potatoes | Celery | Yucca Root| Baby  
Bella Mushrooms | Baby Carrots | Bell Pepper

### **Directions**

Tenderize Chuck Roast and rub with Spice Rub

Add all ingredients to Slow Cooker

Heat on High for 6 hours

Turn down heat to Low for 2 hours

(Total Cook Time = 8 hours)

\*Serve with Baked Brie on Naan bread