

Locally Grown Beef—It's What's for the New Year

It's that time of year again when those pesky little resolutions to *do more and do better* demand fulfillment. For most of us, those resolutions usually involve food. Eat less, eat better, eat local (I hope). The good news is that one of the best things you can do for yourself involves a favorite food that is local—beef!

Yes, beef. Local, dry aged beef from Good Natured Family Farms provides all of the nutrition you've promised yourself but *without* the added growth hormones or antibiotics. Local beef also lets you do more for your community. Buying from local producers means the money you spend goes back into our local economy and helps rural communities around the Kansas City area. Local beef also helps protect our environment. Local beef from the Good Natured Family Farms' All Natural Beef Co-op is pasture raised. That means no run-off from large commercial feedlots to pollute our precious ground water.

So, nutritious, delicious, economically and environmentally beneficial—what more could your conscience ask for?? Beef is quick and easy to prepare! But don't take our word for it, try the recipe below. Prepare with Good Natured Family Farms Chuck Roast and treat your family to a hearty dish that cooks all day in your slow cooker and gives you the time to do a little something for yourself.

Bring your New Year's Resolution list into Hen House Markets, and order Good Natured Family Farms all natural beef and know you are meeting, maybe even exceeding, your New Year's resolutions.

Crock Pot Beef Stew

1 ½ lbs. stew beef, cut from Good Natured Family Farms chuck roast
2 T. oil
3 carrots, chopped into 1 inch pieces
1 C. chopped onion
1 C. chopped celery
2-14 oz. cans chopped tomatoes
½ C. barley
2 T. sugar
1 t. salt
3 potatoes cut into chunks

Brown beef in the oil, then set aside. Add carrots, onion, celery and potatoes and cook until it starts to brown—about 5 minutes.

Add the vegetables to the slow cooker. Place meat on top. Mix the tomatoes with the water, barley, sugar, salt and pepper. Pour over the meat and vegetables. Do not stir. Cover and cook on low 7—8 hours.

Recipe compliments of www.thatsmyhome.com. For more slow cooker recipes, be sure to visit their web site.