

A delicious Chinese meal you can make in a crock pot.



## TRACY'S BEEF AND YELLOW BEAN STEW

This recipe is from my friend Tracy from Guilin, China (right). This is a fantastic stew you can start in a crock pot in the morning and come home to an aromatic and delicious evening meal. It might be hard to believe, but you don't need to add any water to this recipe. If you feel a little insecure about not adding any water, like I did in the beginning, you can add a couple of tablespoons.

- 3/4-1 lbs. cubed boneless beef or beef with bone\*
- 2/3-1 cup yellow beans, soaked and rinsed
- 2 star anise
- 1 tsp. whole cloves
- 2 bay leaves
- 2 arbol chilies
- 1 tsp. whole black pepper
- 1/2 cup soy sauce

Spray a little oil into the bottom of a crock pot and add the meat. Pour over the soaked and rinsed beans, and then add all the spices. That's it. Put on the lid and choose your cooking time.

By the way, feel free to substitute any of your favorite beans. I have used cranberry beans and it came out perfect.

\*The Chinese prefer with bone as it adds a lot of flavor.

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