

## Slow Cooked Beef & Butternut Squash



2 Ingredients, 2 serves

250 grams beef steak (cut into cubes)

4 cups butternut pumpkin/squash (peeled, seeded and chopped into chunks)

### Instructions

- Add chopped butternut pumpkin/squash and steak pieces to your slow cooker.
- Cover with bone broth, low chemical stock or water.
- Cook, covered, on low for 6-8 hours.
- This is a very simple, but effective, tasty and nutritious meal suitable for GAPS.

### Warnings

\*\*BUTTERNUT PUMPKIN/SQUASH: 1/4 cup = one vegetable serve per meal for SIBO phase one. 1/2 cup max per meal for SIBO phase 2 - total of 1-2 veg serves per meal allowed.

### Nutritional Information (per serving)

Calories	222
Total Fat	5g
Saturated Fat	2g
Cholesterol	60mg
Sodium	77mg
Total Carbohydrate	15g
Dietary Fibre	1g
Sugars	6g
Protein	30g
Calcium	55mg
Iron	5mg
Magnesium	28mg

Phosphorus	102mg
Potassium	789mg
Vitamin C	21mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg