

Smoky Joe's Beef Stew

1 LB. WELL-TRIMMED BEEF CUBES

3/4 CUP DRAINED SALSA

3/4 CUP BBQ SAUCE (YOUR FAVORITE)

1 (1.25 OZ) PACK TACO SEASONING

12 OZ. FROZEN CORN

2 (15 OZ.) CANS BLACK BEANS -DRAIN & RINSE

1 15 OZ. CAN GARBANZO BEANS-JUICE & ALL

1/2 CUP FRESH CILANTRO

In a 4 t. or larger slow cooker, combine beef, salsa, BBQ sauce, taco mix and corn-mix well. Cover and cook on high for 5 hours or low 8 hours-until meat is tender. Add beans and cilantro and mix well. Cover and let stand for 10 minutes (long enough for beans to heat through. Recipe from the Atlanta Journal