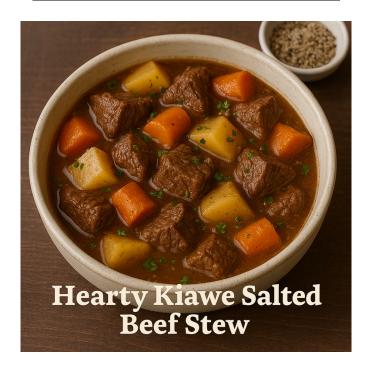
Hearty Kiawe Salted Beef Stew



Ingredients:

- 1.5 lbs. stew beef
- 1 tbsp flour
- 1 tbsp olive oil
- 4 cups beef broth
- 1 cup carrots, sliced
- 2 potatoes, cubed
- 1 onion, chopped
- 1 tsp Kiawe Smoked Sea Salt
- 1/2 tsp thyme

Instructions:

- 1. Coat beef in flour and sear in a pot with oil.
- 2. Add broth, veggies, herbs, and Kiawe salt.
- 3. Simmer covered for 1.5–2 hours until beef is tender.

The Kiawe smoke infuses the whole stew, giving it a fire-cooked feel without the campfire.