

Hearty Kiawe Salted Beef Stew



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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.