

# Slow Cooker Beef Stew

## Health Benefits of Dry January

As the holidays end, some people give up alcohol for “Dry January.” The month-long wellness challenge can serve as a reset after overindulging during the holidays or an opportunity to reassess one’s relationship with alcohol. While a month of sobriety can seem overwhelming to some, it comes with some advantages. A brief break from moderate to heavy alcohol consumption may offer the following health-related benefits:

- Better sleep
- Increased focus
- Improved mood
- Boosted energy
- Clearer complexion
- Potential weight loss

Alcohol can also contribute to various health conditions, such as high blood pressure, kidney or liver problems, heart disease and certain cancers. As such, a period of sobriety can positively affect one’s well-being and overall health. If you have any questions or concerns about your alcohol consumption, talk to a health care professional.

### Alcohol Alternatives



## Protecting Your Skin During Winter

Taking care of your skin the right way can be difficult. The task can seem almost impossible to achieve when the temperature and humidity levels drop. Dry skin may not seem like the most concerning health problem, but not treating dry skin can result in itchiness, cracked or painful skin, eczema and dermatitis.

This winter, you should limit how much hot water your skin is exposed to, as hot water rapidly dries out your skin. It can help to take shorter baths and showers and use a limited amount of soap. Additionally, it’s important to moisturize properly after bathing to keep your skin hydrated and healthy. Lastly, a humidifier can help keep moisture in the air. Contact your doctor if you have any skin concerns.

*Makes: 6 servings*

### Ingredients

- 2 lbs. stew meat (cut into 1-inch cubes)
- ¼ cup all-purpose flour
- Salt and pepper (optional, to taste)
- 2 cups water
- 2 tsp. beef bouillon
- 1 garlic clove (finely chopped)
- 3 carrots (sliced)
- 3 potatoes (diced)
- 1 onion (chopped)
- 1 celery stalk (sliced)
- Add optional herbs as desired: bay leaf, basil and oregano

### Preparations

1. Place meat in the slow cooker.
2. Mix the flour, salt and black pepper in a medium bowl and pour over the meat. Stir to coat.
3. Add the remaining ingredients and stir to mix.
4. Cover and cook on low for 8-10 hours or for 4-6 hours on high.
5. Stir the stew thoroughly before serving. If using a bay leaf, discard it before serving.

### Nutritional Information (per serving)

Total calories	275
Total fat	5 g
Protein	30 g
Sodium	218 mg
Carbohydrate	28 g
Dietary fiber	4 g
Saturated fat	2 g
Total sugars	3 g

*Source: MyPlate*