Moroccan Beef and Sweet Potato Stew

**Directions:**

**In a small, resealable bag add:**

* 3 tablespoons all-purpose flour
* 2 teaspoons ground cumin
* 1 teaspoon ground cinnamon
* 1 teaspoon salt
* 1/4 to 1/2 teaspoon ground red pepper
* 1/2 cup regular or golden raisin

**In a large, resealable bag add:**

* 3 cups sweet potatoes (peeled, 1-inch pieces)
* 2 ½ pounds diced Beef Stew Meat

**Take:**

* 1 can (14-1/2 ounces) diced tomatoes with garlic and onion
* 1 box couscous

**Preparation**

1. Thaw large bag of beef and sweet potatoes
2. Add beef and sweet potatoes to slow cooker
3. Add can of diced tomatoes with garlic and onions
4. Add small season bag; stir to combine
5. Cover and cook on LOW for 7-9 hours (until potatoes and beef are fork tender)
6. Prepare couscous according to box
7. Serve stew over couscous
* *Recipe adapted from BeefItsWhatsForDinner.com on behalf of the Beef Checkoff Program*