

# Nick Ranch

*Grass Fed From Start to Finish*

*Healthier For You And Your Family*

Nick Ranch LLC  
Wholesale Grass Fed Beef  
13580 Avenales Ranch Road  
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## Pozo Mountain Chuck Steak

Grass fed beef chuck steak

1-4 cloves garlic

1 large onion

3 ribs celery

22 baby carrots

1 medium bell pepper, sliced

2 medium squash, sliced or chunks

Cilantro, chopped, approximately a handful

Spray inside of crock-pot with cooking spray. Turn crock-pot on low. Season chuck steak with fresh ground pepper and sea salt. Place steak in bottom of crock-pot. Crush garlic cloves with side of knife, discard peel. Drop garlic on top of seasoned steak. Cover with sliced onions, add chopped celery, grind sea salt over celery. Add carrots and bell pepper, salt lightly. Add the squash, salt and pepper. Cover with lid. Cooks in about 8 hours.

I usually make this at night and it is ready to serve the next day. This is great over brown rice.