

# RECIPE Makeover

## Salsa Beef



### Ingredients:

- 1 pound lean stew beef tips
- 1 cup salsa
- 2 tablespoons brown sugar
- 2 Tablespoons soy sauce

Put in crockpot and cook all day on low, serve over brown rice.

### Simple NUTRITION Swaps

*Choose lean beef.*

*Freezes well in batches.*

*Try low sodium soy sauce, OR just use regular and add some water to dilute it yourself. The first ingredient in low sodium soy sauce is water, so dilute it for free yourself!*