

Laurie's Mexican Beef Stew

8 one cup servings, 4 WW points per serving

- 1-2 cups cubed leftover beef or pork
- 1 (14 oz) can pinto beans rinsed and drained, I used kidney beans
- 1 (14 oz) can whole kernel corn, drained
- 1 little can mild chopped green chiles
- 1 cup coarsely chopped onion
- 1 cup chunky salsa
- 2 Tbsp. chili powder
- 1 tsp. cumin

I added a can of diced tomatoes.

Put all in your crock pot, stir to blend. Cook on low 4 to 8 hours. Serve with crackers or crushed tortilla chips, cheese, and sour cream if desired.

From Lacey at www.laceywithlove.blogspot.com