

Beef Stew - Crockpot
By: www.familyfreshmeals.com

Ingredients:

- 1.5 - 2 lbs. beef stew meat, cut into bite-sized pieces (browning meat is optional)
- 1 medium onion, finely chopped
- 2-3 celery ribs, diced
- 2 cups carrots, cut into bite-sized pieces
- 4-5 small red potatoes, cut into bite-sized pieces (about 3 cups)
- 2-3 garlic cloves, minced
- 6 oz. tomato paste
- 32 oz. beef broth
- 2 tbsp Worcestershire sauce
- 1 tbsp oregano
- 1 tsp salt
- 1 tsp pepper
- 1 cup frozen peas (optional)
- 1 cup frozen corn (optional)
- 1/4 cup flour
- 1/4 cup water

Instructions:

1. Combine beef, celery, carrots, red onion, potatoes, salt, pepper, garlic, parsley, oregano, Worcestershire sauce, beef broth and tomato paste in a 6 quart crockpot.
2. Cook on LOW for 8 hours or on HIGH for 5 hours.
3. About 30 minutes before serving, mix the flour and the water in a small dish and pour into the crockpot (optional).
4. Mix until well combined. This will add a nice thickness to the stew.
5. About 30 minutes before serving add peas and corn.
6. Continue cooking covered for 30 minutes.

Prep Time: 10 minutes

Cook Time: 8 hours on LOW or 5 on LOW

Serves: 6-8

NOTE:

If you do not want a thickened stew, omit #4 and #5. (This will make it lighter too.)

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