

# SLOW COOKER BEEF STEW

F EASY

Last Modified: 04/21/2018

PREP: 30 Min  
COOK: 4 To 8 Hrs  
STOVETOP SLOW COOKER

SOUP-STEW

**MAKES 10 SERVINGS**

| QUA   | MEASURE   | INGREDIENT                           | PROCESS     |
|-------|-----------|--------------------------------------|-------------|
| 2     | Pounds    | Beef Stew Meat (Trimmed)             | 1" Cubes    |
| 1     | Pounds    | Carrots (Scrubbed)                   | 1/4" Coins  |
| 2     | Stalks    | Celery                               | Thin Sliced |
| 1     | Large     | Yellow Onion                         | Chopped     |
| 3     | Pounds    | Waxy Potatoes (Yukon Gold/Baby Red)  | 1" Cubes    |
| 4     | Cloves    | Garlic                               | Minced      |
| 2     | 14.5 Oz   | Cans Beef Stock (Swanson)            |             |
| 1/2   | Cup       | All Purpose Flour                    | Breading    |
| 2     | Tbsp      | Olive Oil                            | Divided     |
| 1     | Tsp       | Dry Mustard                          |             |
| 1     | Tbsp      | Worcestershire Sauce (Lea & Perrins) |             |
| 1     | Tbsp      | Mushroom Soy Sauce (Healthy Boy)     |             |
| 1     | Tbsp      | Brown Sugar (Packed)                 |             |
| 1     | Tsp       | Marjoram                             |             |
| 1     | Tsp       | Dried Thyme Leaves                   |             |
| 1 +/- | Pinch     | Kosher Salt                          | To Taste    |
| 1 +/- | Pinch     | Fresh Ground Black Pepper            | To Taste    |
|       | Remaining | All Purpose Flour                    | Thickener   |

## PREPARATION

|                |   |
|----------------|---|
| <b>FACTOID</b> | You'll LOVE this rich Beef Stew. Put the prepared ingredients in your Slow Cooker while you're at work & come back to a house that smells like HOME! A few quick Buttered Flaky Biscuits on the side & it's to-die-for. Make a BUNCH, it freezes and reheats very well and tastes even better.                              |
| <b>TOOLS</b>   | 1) 6+ Quart Slow Cooker<br>2) Large Stainless Steel Skillet<br>3) Large Plastic Bag   |
| <b>PREP</b>    | <b>DISH</b><br>1) Chop the Onion and add it in the slow cooker.<br>2) Slice the Celery and add them on top of the Onions.<br>3) Slice the scrubbed Carrots into coins and add them on top of the Onions.<br>4) Cut the unpeeled Potatoes into 1" chunks and add them on top of the Onions.                                  |
| <b>1</b>       | <b>BEEF:</b> Place the Breading Flour in a large plastic storage bag, Season generously with Salt and Pepper. Add the Beef Cubes in a few at a time and shake to coat evenly. Remove the Cubes and place them on a wire rack to dry for about 10 minutes.   |
| <b>2</b>       | <b>BEEF:</b> In a large skillet over medium heat, add in the Olive Oil and heat until it shimmers. Add in the Garlic and cook until fragrant, about 2 minutes. Add in the Beef Cubes (NOT touching), sprinkle the top with any remaining Flour in the bag and brown them on all sides while shaking, about 10 minutes more. |

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| <b>4</b>     | <b>STEW:</b> In the skillet still over medium heat, add in the Beef Stock, Mustard, Worcestershire Sauce, Soy Sauce, Brown Sugar, Marjoram & Thyme. Bring to a simmer while scraping the bottom to loosen any Fond. Pour the mixture on top of the slow cooker ingredients. Stir gently to mix well. |
| <b>5</b>     | <b>STEW:</b> Cover the slow cooker and either: Slow cook on high heat for 4+ hours or low heat for 8+ hours until the Beef is tender. Stir occasionally if you happen to be around.  |
| <b>SERVE</b> | Ladle the Stew into warm serving bowls and serve while hot with hot Biscuits on the side. This is FANTASTIC when served in a Crusty Sourdough Bread Bowl.  |