

Slow Cooker Beef Stew



Serves: 6 - 8

Ingredients:

- 2 pounds beef stew meat
- 1/4 cup flour
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, diced
- 2 - 3 stalks of celery, sliced thin
- 1 1/2 - 2 cups of beef broth
- 3 potatoes, diced (I use red potatoes)
- 4 - 5 carrots cut up or 1 small package of baby carrots
- 1/4 - 1/2 package of frozen peas
- Small package of fresh, sliced mushrooms (I use white)
- Water to cover meat and vegetables

Good-Looking Grub

Directions:

1. Place meat in slow cooker. In a small bowl mix together flour, salt, pepper and pour over meat, stir to coat meat with flour mixture. Stir in garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover and cook on low setting 8 - 10 hours or high for 4 - 6 hours. For the last hour of cooking, add the peas and mushrooms if desired.

Tips:

- You may also need to add some water or broth if the soup gets too thick.
- Remove bay leaf before serving.