

## Slow Cooker Beef Stew

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Know how. Know **now**.

Part of the pleasure of making slow cooker meals is the wonderful smell as they cook. This recipe is no exception! Enjoy this hearty, healthy blend of comfort foods.

- 1 1/2 - 2 pounds stew meat - cut into 1 inch cubes
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- 2 cups water
- 2 teaspoons or 2 cubes beef bouillon
- 1 finely chopped garlic clove
- 3 sliced carrots
- 3 diced potatoes
- 1 - 2 chopped onions
- 1 sliced celery stalk
- Add herbs as desired: bay leaf, basil, oregano, etc. (*I added 1 teaspoon dried thyme leaves, crushed, plus 1 bay leaf ~Alice*)



1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

*Yield: 6 servings*

### Alice's Notes:

1. To reduce the sodium from the beef bouillon granules or cubes (unless using a low-sodium version), substitute 2 cups of a low-sodium beef broth and omit the two cups of water.
2. I found 1 medium onion was enough for our family. Also, I left the celery out as I didn't have any on hand when I made this and it tasted OK without it.
3. I used Yukon Gold potatoes (a thin-skinned potato), washed them, and left the skin on.
4. Always thaw meat or poultry before putting it into a slow cooker.
5. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 °F. Then the hot food can be placed in a preheated slow cooker to keep it hot for serving—at least 140 °F as measured with a food thermometer.

*Adapted from: Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service at <http://www.montana.edu/nep/recipes.htm> and available at SNAP-Ed Connection Recipe Finder at <http://recipefinder.nal.usda.gov>*



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