

Slow Cooker Herb Simmered Beef Stew

Ingredients:

2 lb stew meat (beef chopped into small pieces)
6-8 medium potatoes- diced (4-6 c)
2 medium onions- coarsely chopped
2 c celery- diced
3 c peas
3 c carrots
White pepper
Black pepper
sea salt
flour
minced garlic
garlic powder
thyme
parsley
oil
4- 5 bouillon cubes
1 can diced tomatoes
1 can tomato sauce
4 tsp worchestire sauce
Water
Corn starch- for thickening

Directions:

- Thaw meat overnight
- Mix 2-3 heaping tsp flour with 1 tbs garlic powder and 1 palm of white pepper
- Dump into bowl or bag with thawed beef
- Toss to coat meat
- Add oil to skillet
- Brown beef
- Add 1 c water and bouillon cubes to skillet, melt cubes (low temp)
- Dump mixture into oiled slow cooker
- Add diced potatoes, celery, carrots, peas, onions to slow cooker
- Add a palm of sea salt, palm of white pepper, 3 tsp black pepper, 1/3 cup parsley
- Add 4 heaping tsp of minced garlic, 4 tsp Worchestire sauce, ¼ tsp thyme
- Add tomatoes and tomato sauce
- Add water to almost cover food, about 3 cups
- Cook on high for 5- 6 hours or low 7-9 hours
- Add corn starch to thicken if needed