

Crock Pot Beef Stew

Serves 12-16

2 T. vegetable oil
2 lbs cubed stew beef or chuck beef chunks
6 medium potatoes, peeled and cut into chunks
8 carrots, peeled and sliced into chunks
4 stalks celery, sliced
3 medium onions (opt), cut into 6ths or 8ths
2 cans diced tomatoes, undrained
2 C. Beef broth
1 can cream of mushroom soup, undiluted
2 T Worcestershire sauce
Salt and pepper to taste
Parsley to taste
3-4 T flour

1. Heat oil in large skillet. Add beef, then brown it. Drain and discard excess fat. Transfer beef to crock pot.
2. Add potatoes, carrots, onion, celery,, and tomatoes. Season with salt , pepper, and parsley. Add enough
3. In measuring bowl, stir together the broth, cream of mushroom soup, and Worcestershire sauce. Pour over ingredients in crockpot. Cover and cook on low 8 hours.
4. Remove ½ C liquid from the crock pot and add the flour. Whisk until lumps are gone. Add back to the crockpot and stir well. Cover and allow to thicken for 15 minutes.
5. Serve and enjoy.