

# Beef Stew Recipe

## Description

## Ingredients

- 1 lbs Beef Stew Meat
- 16 oz Baby Carrots, whole
- 1 1/2 lbs Baby Potatoes, whole
- 1 Onion, largely diced
- 2 cloves garlic, minced
- 1/2 cup water
- 1 can tomato sauce (8 oz)
- Frozen Mixed Vegetables, any kind you like
- salt & pepper to taste

## Instructions

Add all fresh ingredients (beef stew chunks, carrots, potatoes, onion) into pot. Add tomato sauce and water.

- Season with salt, pepper and garlic.
- To cook:
  - If cooking in pot on stove:
  - Let cook on medium heat for about 3 hours (until meat is tender)



## Summary

**Yield:** 6

**Prep Time:** 3 hours

**Category:** Main Dish

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- If cooking in a crockpot:
- Cook on high for 2 hours and then lower to low for the last hour
  
- 45 mins before serving, add frozen vegetables.

## Notes

*Note: You can leave stew in crockpot for 6-8 hours on low (Prepare in morning, ready at dinner time)*