



# Beef Stew

## Ingredients

- 2¼ lbs boneless beef chuck roast, trimmed and cut into large chunks (or use good-quality stew meat)
- 1 lb Yukon Gold or red potatoes, cut into chunks
- 3 carrots, thickly sliced
- 2 celery stalks, thickly sliced
- 1 large onion, chopped
- 1 tablespoon tomato paste (preferably from a tube)
- 2 teaspoons dried thyme
- 1 teaspoon garlic powder
- 2 dried bay leaves
- 2 tablespoons Worcestershire sauce
- ¼ cup all-purpose flour
- 3 cups beef broth (use regular or adjust salt if using low-sodium)
- Salt and black pepper, to taste

## Instructions

- Trim and cube the beef. Chop the onion, carrots, celery, and potatoes into hearty pieces that will hold their shape during cooking.
- In a 6-quart (or larger) slow cooker, combine the flour, thyme, garlic powder, salt, and pepper. Add the beef and toss until fully coated.
- In a bowl, whisk together the beef broth, tomato paste, and Worcestershire sauce. Pour the mixture over the beef in the slow cooker. Add the potatoes, carrots, celery, onion, and bay leaves. Stir gently to combine.

- Cover and cook on LOW for 6–8 hours or HIGH for 4 hours, until the beef and vegetables are tender and the broth has thickened to a rich, stew-like consistency.
- Remove the bay leaves, taste, and adjust seasoning if needed. Serve hot with crusty bread or over mashed potatoes.