

Main Dish

Beef Stew Virginia Style

Makes 4-6 servings

Prep. Time: 10 minutes

Cooking Time: 8 hours

Ideal slow-cooker size: 5-qt.

Allergy Alert: None

Ingredients

2-lb. beef roast, cubed

2 cups sliced carrots

2 cups diced potatoes

1 medium onion, sliced

1&1/2 cups peas

2 tsp. quick-cooking tapioca

1 Tbsp. salt

1/2 tsp. pepper

8-oz. can tomato sauce

1 cup water

1 Tbsp. brown sugar

Instructions

1. Combine beef and vegetables in slow cooker.
2. Sprinkle with tapioca, salt, and pepper.
3. Combine tomato sauce and water and pour into slow cooker.
4. Sprinkle with brown sugar.
5. Cover. Cook on Low 8 hours.

Variation:

Add peas one hour before cooking time ends to keep their color and flavor.