

Main Dish

Beef Stew of New Jersey

Prep. Time: 15 minutes

Makes 6-8 servings

Ingredients

4 carrots, cubed

4 potatoes, peeled and cubed

1 onion, whole

2 lbs. beef stewing meat, cubed

8-oz. can tomato sauce

1 pkg. dry taco seasoning mix

2 cups water, divided

1&1/2 Tbsp. cornstarch

2 tsp. salt

1/4 tsp. pepper

Slower Cooker Instructions

Cooking Time: 7-8 hours

Ideal slow-cooker size: 4-qt.

1. Layer meat, potatoes, carrots, and onion.
2. Cover ingredients with tomato sauce.
3. Stir taco seasoning into 1&1/2 cups water.
4. Make a roux with cornstarch and 1/2 cup water. Stir until smooth. Stir into rest of water with taco seasoning. Pour over ingredients in slow cooker.
5. Sprinkle with salt and pepper.
6. Cover. Cook on Low 7-8 hours.

Serving suggestion: Serve over rice.

Variation:

Substitute mild taco seasoning mix and add 1 tsp. sugar to make it sweeter.

Dutch Oven Instructions

Ready for testing.