

## Main Dish

### **Delaware Beef Stew**

Makes 6 servings

Prep Time: 15 minutes

#### **Ingredients**

2 lbs. beef chuck, cubed

¼ to 1/2 cup flour

1&1/2 tsp. salt

1/2 tsp. black pepper

1 tsp. paprika

3&1/2 Tbsp. quick-cooking raw tapioca

1 tsp. Worcestershire sauce

2 cups beef broth

1 clove garlic, minced

4 carrots, sliced, or 1-lb. bag whole baby carrots

2 onions, chopped

1 rib celery, sliced

3 potatoes, diced

2 cups tomatoes, diced

#### **Slower Cooker Instructions**

Cooking Time: 3hrs on high or 10 hours on low

Ideal slow-cooker size: 4&1/2-qt.

1. Place meat in slow cooker.
2. Combine flour, salt, pepper, paprika, and tapioca in small bowl. Stir into meat until coated thoroughly.
3. Gently stir in remaining ingredients. Mix well.
4. Cover. Cook on Low 8-10 hours, or on High 3-4 hours.
5. Stir before serving.

#### **Dutch Oven Instructions**

Ready for testing