

Main Dish

Pennsylvania Beef Stew

Makes 6-8 servings

Prep. Time: 15 minutes

Cooking Time: 4 on high or 12 hours on low

1-lb. beef round roast, cubed
4 Tbsp. flour (alternative: rice flour for non-gluten meal)
1&1/2 cups beef broth
1 tsp. Worcestershire sauce
1 garlic clove
1 bay leaf
1 tsp Salt
½ tsp pepper
4 carrots, sliced
3 potatoes, cubed
2 onions, diced
1 rounded tsp. fresh thyme, or 1/2 tsp. dried thyme
1 rounded tsp. chopped fresh basil, or 1/2 tsp. dried basil
1 Tbsp. fresh parsley, or 1 tsp. dried parsley
1 rounded tsp. fresh marjoram, or 1 tsp. dried marjoram

Slow Cooker Instructions

Ideal slow-cooker size: 4-qt.

1. Put meat, flour, salt & Pepper in 1-gallon zip lock bag and shake.
2. Pour all zip lock bag ingredients into slow cooker.
3. Cook without lid for 15 minutes to heat the meat
4. Pour all remaining ingredients on top of meat
5. Cover. Cook on High 4-6 hours, or Low 10-12 hours.

Dutch Oven Instructions

Ready for testing