

Sue's Family Friendly Slow Cooker Stew

Our family loves this stew because its simple ingredients can be eaten as a stew, or placed on top of a green salad. The best thing is walking in the door after school and smelling the finished product.

Ingredients:

1 package stewing beef
3 carrots chopped
2 potatoes chopped
1 celery stalk chopped
1 sweet potato chopped
1 can beef broth
1 small can pureed tomatoes
1 onion finely chopped
1 bay leaf
1 tbsp flour
1 tsp salt
1 tsp black pepper
1 tsp oregano
½ tsp cayenne pepper

Directions:

Put the stewing beef into the crock pot and toss it with the flour and spices.

Add the rest of the ingredients, stir and set slow cooker on low. Cook for 6-8 hours.

If you like it thickened, take out ¼ cup of the juices, mix with 1 tbsp of flour to make a paste and then stir back into the mixture and turn the slow cooker and let it sit for about 15 minutes before serving.