

## "Left overs" Beef Stew

2 qts roast broth (can top off with milk if not enough)  
1 qt left over vegetables (potatoes, carrots, onion)  
1 cup or more left over beef roast, shredded  
1 (14.5) ounce can green beans, drained  
1/2 cup or more green peas, cooked, drained  
1 stick butter  
3/4 cup all purpose flour  
1 tblsp Italian seasoning  
salt and pepper to taste

Cut potatoes, carrots and onions into small pieces. In large pot, melt stick of butter. Add flour and let cook for a minute. Pour in the roast broth and stir with a whisk to blend in all of the flour and butter. Add Italian seasoning. Stir over medium heat (about 10 minutes) until thick. Add all vegetables and beef. Add salt and pepper to taste.

## Beef Roast (Slow cooker)

8-10 small red skinned potatoes  
1 small bag baby peeled carrots  
2 medium onions, peeled, halved  
3 pound beef roast (arm, chuck, sirloin..)  
1.5 quarts water  
1 tblsp salt, 1 tsp pepper

Place potatoes in bottom of slow cooker. Put carrots on top of potatoes. Lay roast on carrots and place onion halves around the edges. Pour water into slow cooker to reach just to the bottom of the roast. Sprinkle the roast with salt and pepper. Cook on low for 6-8 hours. Roast is done when internal temp is 165F.

NOTE: You can add onion soup mix and brown gravy packet for richer flavor and thicker sauce.