

Slow Cooker Beef Stew

Prep Time: 20 mins

Cook Time: 4 hrs

Total Time: 4 hrs 20 mins

Ingredients

- 2 pounds beef stew meat, cut into 1-inch pieces
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 ½ cups beef **bone** broth
- 4 medium carrots, sliced
- 3 medium potatoes, diced. *
combine with sweet potato for nutrients
- 1-2 stalk(s) celery, chopped



Directions

1. Gather ingredients.
2. Place meat in slow cooker.
3. Mix flour, salt, and pepper together in a small bowl. Pour over meat, and stir until meat is coated.
4. Add beef broth, carrots, potatoes, celery, stir to combine.
5. Cover, and cook until beef is tender enough to cut with a spoon, on Low for 8 to 12 hours, or on High for 4 to 6 hours.

Notes:

This original recipe submission called for slow cooking on Low for 10 to 12 hours. Depending upon your cooker and personal preference, a cook time of 8 hours on Low (or 4 hours on High) may be sufficient. Please stir and check doneness along the way to be sure your meat is cooked properly.