

Slow Cooker Beef Stew

Susan Alsembach

Hello,

This beef stew is so delicious, it takes minutes to assemble and then the slow cooker does all the work.

So, whether you are working from home or rushing back from work in the evening, this recipe will guarantee that you have a tasty meal waiting for you to just slip you feet under the table and enjoy.

You can also add a few of the odd veggies that might be lingering in your fridge!

I hope you enjoy it,

Susan

Slow Cooker Beef Stew

11 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Store in the fridge up to 3 days or freeze.

More Carbs

Serve it with roasted potatoes, rice or quinoa.

Add Greens

Stir in chopped kale or baby spinach just before serving.

Ingredients

30 milliliters Extra Virgin Olive Oil

907 grams Stewing Beef (sliced into bite-size pieces)

59 milliliters Red Wine Vinegar

340 grams Baby Carrots

1 Sweet Onion (diced)

240 grams Mushrooms (sliced)

237 milliliters Beef Broth

500 milligrams Dried Thyme

6 grams Sea Salt

1 gram Black Pepper

40 grams Brown Rice Flour