

Low & Slow Crockpot Beef Stew

Recipe makes 6 meals

Ingredients

- 2 lbs Chuck Roast, cubed
- 1.5 lbs Russet Potatoes (about 3 medium) chopped
- 6 Garlic Cloves, chopped
- 2 large Carrots, chopped
- 1 small Yellow Onion, chopped
- 6 cups Beef Broth
- 1/2 cup Water
- 1/4 cup All-Purpose Flour
- 3 Tbsp Corn Starch
- 2 Tbsp Red Wine Vinegar
- 2 Tbsp Less Sodium Soy Sauce
- 2 Tbsp Worcestershire Sauce
- 2 Tbsp Tomato Paste
- 2 Tbsp Olive Oil, divided
- 1 Tbsp Butter
- 1 Tbsp Garlic Powder
- 1 tsp Smoked Paprika
- 1/2 tsp Celery Salt
- 1/4 tsp Crushed Rosemary
- 2-3 Bay Leaves
- 1 Beef Bouillon Cube
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 429

Fat - 14g

Carbohydrates - 34g

Protein - 39g

***Fiber - 3g**

Estimated Cost
Per Meal

\$3.68

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Instructions

- 1. Start by adding your chopped chuck roast into a large mixing bowl, along with 1 Tbsp garlic powder, 1 tsp smoked paprika, and a little salt and pepper. Mix well and then add in 1/4 cup of all-purpose flour. Mix to coat and set aside.**
- 2. Heat a large skillet over medium-high heat and add in 1 Tbsp of olive oil. Once your oil is hot, lay in half of your seasoned chuck roast. Sear on all sides and remove from the skillet. Return that same skillet back to the stove and heat your remaining 1 Tbsp of olive oil and sear the rest of your chuck roast. When done, set aside.**
- 3. Return that same skillet back to the stove and melt in 1 Tbsp of butter. Add in your chopped onions, cook for 1-2 minutes, then add in your chopped garlic. Cook for 1 minute then set aside.**
- 4. In your crockpot, add in 6 cups of beef broth, 2 Tbsp red wine vinegar, 2 Tbsp soy sauce, 2 Tbsp Worcestershire sauce, 2 Tbsp tomato paste, 1 beef bouillon cube, 1/2 tsp celery salt, and 1/4 tsp crushed rosemary. Mix well.**
- 5. Add in your seared chuck roast, chopped potatoes, chopped carrots, and sautéed onions and garlic. Ensure everything is submerged, lay in your bay leaves, place your lid on, and cook on low and slow for at least 10 hours!**
- 6. A few minutes before your beef stew is done, prepare a slurry. In a bowl, add about 1/2 cup of cold water, and 3 Tbsp of corn starch. Mix well and when your beef stew is done, mix that in. Let it continue to cook uncovered for 10 minutes.**
- 7. Once your beef stew is ready, remove the bay leaves, give it a taste, and add salt and pepper to preference. Portion out into your meal containers, and enjoy!**



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Notes

- **Beef stew recipes are very easy to alter to fit your preference. Feel free to load this up with whatever veggies or seasonings you like in your beef stew.**
- **If you prefer your stews a little thicker, you can increase the amount of corn starch used in your slurry. You can also add a little bit of instant mashed potatoes in to thicken it. Just add 1-2 Tbsp at a time, mix, and repeat until you reach your desired thickness.**
- **With this low and slow method, the longer it cooks, the more tender the beef, potatoes, and carrots will be. So don't worry if you have to cook it longer than the 10 hours listed. The beef will turn out amazing!**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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