

Slow Cooker Beef Stew

Don't let the cold, dark days of winter get you down! Add these ingredients to the slow cooker in the morning and by dinner, you'll have a comforting beef stew that will fill your home with delicious aromas with no mess and no stress!

Serves: 4-6

Prep time: 25 min

Cook time in slow cooker: 4 hours on high or 8 hours on low

Ingredients:

- ¼ cup all purpose flour
- 1 tsp. dried thyme
- 2 tsp kosher salt
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1 medium-large yellow onion
- 4 medium carrots
- 1 stalk celery
- 1 pound yellow or red potatoes (about 3 medium)
- 2 ¼ pounds boneless chuck beef roast or stew meat
- 2 dried bay leaves
- 1 ½ cup low sodium beef broth
- 1 Tbsp tomato paste
- 1 Tbsp Worcestershire sauce
- Chopped fresh parsley leaves, for garnish

Directions:

1. Place ¼ cup all-purpose flour, 1 teaspoon dried thyme, 2 teaspoons kosher salt, 1 teaspoon black pepper, and 1 teaspoon garlic powder in a 6-quart or larger slow cooker and stir to combine.
2. Dice 1 yellow onion (about 1 ½ cups). Peel and cut 4 carrots crosswise into 1-inch-thick rounds (about 2 ½ cups). Cut 1 celery stalk crosswise into ½-inch-thick pieces (about ¾ cup). Cut 1 pound Yukon gold or red potatoes into 1-inch pieces. Place all vegetables in a large bowl and set aside.
3. Trim off any large pieces of surface fat from the chuck roast, then cut into 1 to 1 ½-inch pieces. Transfer to the slow cooker and toss to coat in the flour mixture. Add the vegetables and 2 dried bay leaves.
4. Place 1 ½ cups beef broth, 1 tablespoon tomato paste, and 1 tablespoon Worcestershire sauce in a medium bowl and whisk to combine. Pour over the beef and vegetables and stir to combine.
5. Cover and cook until the beef is very tender, 6 to 8 hours on the LOW setting or 4 hours on the HIGH setting. Taste and season with more kosher salt and black pepper as needed. Serve topped with chopped fresh parsley leaves and more black pepper if desired.

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