

September 2012 Recipe

"Crock Pot Beef Stew"

Recipe courtesy of my client and friend, Kerri Marvel

Ahh, Autumn is here, and that means it's time for Stews and Soups. If you like beef stew, but hate to make it in a traditional method because the meat always comes out tough, the crock pot is an easy way to keep the meat tender. About some of the ingredients: I use paprika in the flour mostly to add color to the stew. It doesn't look like a lot of red wine, but it's enough to give this stew a deep, delicious flavor. I don't bother with peeling/mincing garlic anymore; I buy minced garlic at the store (Spice World's Minced Garlic is the brand I buy, kind of a bigger jar but it lasts in the refrigerator).

My crock pot is one of those oval bigger ones; you'll need one this size to get all these ingredients in there. The yield is enough for at least 2 nights dinner's for 4 people. If that's too much for you, freeze the rest (and eat it within 3-4 months). Bon Appétit!.....Kerri



Ingredients:

2 ½ - 3lb Beef Boneless Rump Roast – cut into 1” cubes (after trimming, yield will be 2-2½lbs)
Bag-O-Seasoned Flour (in a Ziploc bag, 1c. flour, 2T Salt, ½ t. pepper, ½ t. paprika)
3 medium-large Potatoes – peeled and cubed (bite size)
4 large Carrots – peeled and sliced (bite size)
1 onion – chopped
6oz sliced fresh mushrooms (¾ of 8oz container) – further chopped if you want
28oz can stewed or whole-peeled tomatoes, with juice (just squish in hand as you place in slow cooker to break up-they'll break down further on their own as the stew cooks)
1 envelope (packet) dry onion soup mix

The Liquids: (c=cup, t=teaspoon, T=tablespoon)

1/3 c. red wine
4-5 shakes Worcestershire sauce
1 - 14.5oz can beef broth
1T minced garlic
1T kosher salt
1T dry herb-spice mix (your choice, whatever you have)
2-3 bay leaves

Prep veggies – mix potatoes, carrots, onions and mushrooms
Prep meat – trim, cut and shake in seasoned flour
Prep liquid – mix and have ready

Spray inside of the slow cooker with non-stick cooking spray (makes the clean up real easy).

Layer like this:

Half the veggies on the bottom
All the floured meat, placed in as single a layer as you can
Sprinkle the onion soup mix over the meat
The other half of the veggies
The 'squished' tomatoes, then pour the rest of the tomato's juice over all
Pour the 'liquid mixture' over all – don't worry if the liquid doesn't completely cover; it will!

Cover. Cook on high for about 7 hours. Serve with a great crusty bread to mop up the extra sauce, and a great red wine!

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