

11-22-23

Beef stew

2 lbs. stew meat - put in crock pot

$\frac{1}{4}$ c. flour

$1\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp. pepper

} mix together then mix with meat

$1\frac{1}{2}$ c. Beef stock - pour over meat

Add - 1 tsp. Worcestershire sauce

1 clove garlic

1 Bay leaf

1 tsp. Paprika

4 carrots, sliced, or small bag carrots

2 onions, chopped

1-2 celery stalks, chopped

1-2 potatoes, cubed

1 rutabaga cubed - optional

Stir all in crock pot. Temp to High for 4-6 hours. Stirring occasionally