## **Crockpot Beef Stew Recipe** This Crockpot beef stew recipe is simple, hearty, and totally delicious. It's a classic dish that the whole family will love. \*\* \* \* \* 4.8 from 5 votes Print Recipe Pin Recipe $\mathbf{X}$ PREP TIME COOK TIME TOTAL TIME 10 hrs 20 mins 10 hrs 20 mins COURSE CUISINE SERVINGS **CALORIES** Main Course American 346 kcal 6 Cook Mode Prevent your screen from going dark **INGREDIENTS** 2 pounds boneless stewing beef cubed 1 tablespoon olive oil 1/2 medium onion chopped 4 large carrots peeled & sliced 3 sticks celery chopped 1 pound Yukon Gold or Russet potatoes peeled & diced 2.5 cups beef broth 1 (5.5 ounce) can tomato paste 1 tablespoon Worcestershire sauce 1 teaspoon salt Pepper to taste 3 bay leaves

## INSTRUCTIONS

- 1. Sear the beef cubes on all sides over medium-high heat in a large skillet with the olive oil (you may need to do a couple batches) until they're nicely browned on the outside.
- 2. Meanwhile, prep all your other ingredients (except for the bay leaves), and add them to your slow cooker. Note on the salt: if you're sensitive to salt for whatever reason, I suggest adding less than the recommended teaspoon AFTER it's done cooking so you can taste it at the end and add much as needed. Like similar recipes, this recipe definitely needs plenty of salt to give it flavor, though.
- 3. Give the ingredients in the slow cooker a good stir and then add the beef cubes in (spoon them out of the pan leaving the fat in the pan to discard later). Ensure the beef is mostly submerged in the Crockpot. Gently add the bay leaves in. Cook on low for 10 hours.

## NOTES

- This recipe freezes well.
- I suggest cooking this on low for the 10 hours vs. on high for less time. Stewing beef is not tender, and slow cooking it gives it that melt-in-your-mouth texture.
- This is the 7-quart Crockpot I used to make this recipe.
- Want to make this in your Instant Pot? Try the <u>Instant Pot version</u> instead.
- Nutritional information is provided as a courtesy only and should be construed as an estimate rather than a guarantee. Ingredients can vary and Salt & Lavender makes no guarantees to the accuracy of this information

## NUTRITION

Calories: 346kcal Carbohydrates: 25g Protein: 38g Fat: 10g

Saturated Fat: 3g Cholesterol: 94mg Sodium: 1112mg Potassium: 1335mg
Fiber: 4g Sugar: 6g Vitamin A: 7206IU Vitamin C: 25mg

Calcium: 79mg Iron: 5mg