

BEEF STEW

HEARTY FOOD



Slow Cooker
6-8 hours



INGREDIENTS

- ½lb stewing steak cubed
- 1 chopped potato
- 1 chopped carrot
- ½ chopped onion
- 1 cup beef broth
- Optional:
½ tsp garlic powder

- Chop Vegetables and Potatoes
- Brown the beef
- Add all the ingredients to the slow cooker
- Cook for several hours until the meat and vegetables are tender.
- Portion into containers and refrigerate.

Can leave on low for when you get home from work.

Extra portions can be taken to work for meals on the go

If you have a slow cooker in the cab can cook out on the road