



## Katie's Slow Cooker Beef Stew

### What You Need

- 6 Qt. slow cooker (or larger or equivalent)
- 2 Tbsp. Canola oil
- 2 lbs. Pot roast beef (cut into bite sized pieces, about 1 inch square)
- 3 tsp. Black pepper ½ tsp. Salt (or to taste when served)
- 1 lb. Yukon gold potatoes (washed, peeled, and cut into bite sized pieces, about 1 inch square)
- 1 – 1 ½ Cup of carrots, it's about 4-5 large carrots (cut into thick slices, about ½ inch)

- \*1 White onion (diced)
- 4 cloves garlic (crushed)
- 3 cups beef broth or bouillon
- \*1 Tbsp. Worcestershire sauce (optional)
- 1 Tbsp. everything seasoning (you can find the recipe [HERE](#))
- 2 Bay leaves (dried)
- 1 Tbsp. Cornstarch ( set side)
- 2 Tbsp chopped fresh parsley leaves (optional for garnish)
- Large skillet
- Large slotted spoon
- Small bowl
- Whisk

### Before You Start

Heat oil in skillet over medium high heat, add garlic and onion and sauté until transparent (or fork tender) add beef cubes, using a slotted spoon turn often to brown on all sides (takes about 3 minutes)

### Let's Make it!

Place beef, potatoes, carrots, onion and garlic into slow cooker. Add beef broth, Worcestershire, bay leaves and everything seasoning, stir all until well combined) Add Salt and pepper. Cover and cook on low heat for 8 hours on low heat or 4 hours on high.

In a small bowl, whisk together 1 Tbsp. cornstarch and 1/4 cup stew broth from the slow cooker (be careful it's very hot). Add to slow cooker, stir in well and cook for another 10- 15 minutes. Note- If you prefer your stews thicker use 2 Tbsp cornstarch and ¾ cup of stew broth.

Serve hot with a crusty bread and garnished with parsley (if desired.)

### Katie's Tid Bits

If you are on a migraine safe diet omit onion and Worcestershire sauce and use beef broth without migraine triggers, or home made)