

BEEF STEW

[over whitebrice]



4-6 servings



4+ hours

INGREDIENTS

- 2 lbs beef stew meat; chuck and/or round, diced into 3/4 inch cubes
- 1 TBSP oil
- 1 onion; sliced
- 2-3 large carrots; coined
- 2-3 bay leaves
- 8 cups of water
- 1 TBSP beef bouillon powder
- 4 TBSP of beef stew seasoning

Beef Stew seasoning mix

- 1 cup flour
- 2 TBSP onion powder
- 1 TBSP ground pepper
- 1 TBSP ground celery seed
- 1 TBSP basil
- 1 TBSP parsley
- 1 TBSP salt
- 2 tsp oregano
- 1 tsp rosemary
- 1 tsp garlic powder

» Mix until well incorporated.
Store in an airtight container. Use
2 TBSP of mix to 1 lb of roast meat.

DIRECTIONS

- Heat oil in a skillet over medium-high heat, add cubed beef and brown each side, and stir occasionally. Add sliced onions and cook until translucent. Place meat, onions, and coined carrots into a slow cooker. Mix beef bouillon powder with water, pour into slow cooker along with the beef stew seasoning and bay leaves. Mix well, cover and set the temperature to low, cook for 7 hours or on high heat for 4 hours.
- 1/2 hour before the cook time ends, cook white rice according to directions on the package.
- Serve beef stew over white rice with warm buttered corn tortillas.

Enjoy!