

Old-Time Beef Stew

12 small red potatoes halved	1 tablespoon all purpose flour
1 pound of baby carrots	1 cup of water
1 large onion, cut into wedges	1 teaspoon dried parsley
2 stalks of celery, cut into 1 inch pieces	½ teaspoon dried thyme
2 pounds of beef stew meat in 1 inch cubes	1 teaspoon salt
1/3 cup of canola oil	1 teaspoon pepper

Put potatoes, carrots, onion, and celery in a 5 quart slow cooker. In a large skillet, brown beef in canola oil. Transfer beef into slow cooker. Stir flour into pan drippings until blended; cook and stir until brown. Gradually add water. Bring to boil; cook and stir for 2 minutes or until thickened. Add parsley, thyme, salt, and pepper; pour over beef. Cover and cook on low for 7 to 8 hours or until meat and vegetable are tender.

Yields: 8 servings. Each serving contains approximately 366 calories

Christian Walker

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Senior - Main Dish