

AUTUMN BEEF STEW

Source: Quick Cooking Sept/Oct 2001 (Margaret Shauer)

Prep/Cooking Time: 8-9 hours

INGREDIENTS:

12 small red potatoes, halved	1 lb carrots, cut into 1" pieces
1 large onion, cut into wedges	2 lbs lean beef stew meat, cut in 1" cubes
1/3 C butter or stick margarine	1 TBS all-purpose flour
1 tsp salt	1 tsp dried parsley flakes
1/2 tsp celery seed	1/2 tsp dried thyme
1/8 tsp pepper	

DIRECTIONS:

Place potatoes, carrots & onion in 5 qt crock-pot. In large skillet, brown beef in butter. Transfer beef to crock-pot with slotted spoon. Stir flour into pan drippings till blended - cook & stir till thickened. Add salt, parsley, celery seed, thyme & pepper - pour over beef. Cover & cook on low 8-9 hours or till meat & vegetables are tender.

Serves: 6-8

[1 C= 366 calories, 16g fat (8g saturated fat), 91mg cholesterol,
436mg sodium, 34g carbohydrate, 5g fiber, 27g protein]