

Wild Mushroom Beef Stew

SOURCE: <http://www.txbeef.org/>

Prep: 10 minutes

Cook: 6-9 hours

INGREDIENTS:

2 lbs beef for stew, cut into 1" pieces

1/4 C all-purpose flour

1 tsp salt

1/2 tsp pepper

1/2 tsp dried thyme leaves, crushed

3/4 C ready-to-serve beef broth

1/4 C tomato paste

1/4 C dry red wine

2 cloves garlic, minced

1 lb red-skinned potatoes (1.5" diameter) cut into quarters

8 oz assorted mushrooms (e.g., shiitake, cremini, oyster) cut into quarters

1 C baby carrots

Fresh parsley (optional)

DIRECTIONS:

Combine flour, salt, pepper + thyme in small bowl - place beef in 4.5-5.5 qt slow cooker - sprinkle with flour mixture - toss to coat - combine broth, tomato paste, wine + garlic in small bowl - mix well - add to beef - add potatoes, mushrooms + carrots - mix well.

Cover/cook on HIGH 5-6 hours OR on LOW 8-9 hours or till beef + vegetables are tender. (No stirring is necessary during cooking) Stir well before serving. Garnish with parsley, if desired.

Serves: 6