Beefy Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1-2 lbs beef cubes
- 1/4 C flour
- 1 1/2 tsp. sea salt
- 1/2 tsp. cracked black pepper
- 1 1/2 C beef broth
- 1 tsp. Kitchen Bouquet or Gravy Master
- 1 clove garlic (1 frozen cube)
- 2 bay leaves
- 1 tsp. paprika
- 4 carrots in 1/2 inch slices (I used rainbow carrots)
- 3 red potatoes, diced
- 2 onions, chopped
- 1 stalk celery, or 1/2 tsp celery seed

Instructions

Put meat into crockpot and cover with flour, salt, pepper. Toss to coat meat. Add remaining ingredients and stir. Cook on low for 10-12 hours (or high for 4-6 hours). Remove bay leaves before serving.
Sorry for the boring pic!