

Beef Stew

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Your Key Ingredient:

[NESCO Roaster Oven](#) or [NESCO Slow Cooker](#)

Grocery Ingredients:

2 lbs beef stew meat or rump roast, cut into 1" cubes
7 to 9 small onions, peeled [or 2 large onions, quartered]
4 potatoes, peeled and cut in 1" pieces
3 stalks celery, cut in 1" pieces
4 carrots, cut in 1" pieces
4 oz mushrooms, sliced, drained
16 oz whole tomatoes
1/2 cup beef broth, red wine or water
1 Tbsp sugar
1 tsp Worcestershire® Sauce
1 tsp salt
1/2 tsp basil
1/4 tsp pepper
1/4 cup flour
1/2 cup water

Instructions:

1. Place all ingredients except flour and 1/2 cup water in **NESCO® Roaster Oven**. Blend well.
2. Cover and cook at 225° F for 7 to 9 hours. Just before serving, blend flour into water. Add to stew and stir well.
3. Increase temperature to 350° F. Cook 15 to 20 minutes or until thickened. Serves 6 to 8.

Note: time and temperature will vary if using a Slow Cooker.