

If you need a one-dish wonder recipe, you need to add this to your meal rotation! A generous portion of this beef stew will provide you with an adequate source of protein, fats, carbs and fiber making this a prime balanced meal all in one bowl. All of the fiber rich veggies and flavorful tender beef will keep your family happy.

Cozy Crockpot Beef Stew

- 2 pounds beef stew meat
- 2 T olive oil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1, 6-ounce jar tomato paste
- 8 cups low sodium beef broth
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 4 stalks celery, diced
- 5 medium carrots, peeled and sliced (about 1/2")
- 1 1/2 pounds potatoes, cut into 1-inch cubes
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1/4 cup all-purpose flour
- 1 cup frozen peas
- 2 T red wine vinegar
- 2-3 T fresh parsley, chopped

Add the olive oil to a large skillet over medium-high heat. Then, season the beef with the salt and pepper and add it to the skillet, working in batches. Sear for 3-4 minutes on each side, until browned.

Transfer the beef to your Crockpot. Add the tomato paste and toss with the beef to coat. Stir in the beef broth.

Add the onion, garlic, celery, carrots, potatoes, and herbs to the slow cooker. Set to cook for 4 hours on high or 8 hours on low.

When the stew has 30 minutes left to cook, stir in the flour and peas. Continue to cook for another 30 minutes, or until the stew has thickened.

Once the stew has thickened and the beef is fork tender, stir in the red wine vinegar and garnish with fresh parsley.