



Real You Beef Stew



Prep: 30
Cook: 6-8 hours



Serves: 8



Ingredients:

- 1.5-2 lbs. of beef chuck roast cut into 1-1.5 inch pieces
 - 1 tbsp. of smoked paprika
 - ground black pepper and salt to taste
 - 2 tbsps. olive oil
 - 2 yellow onions, peeled and quartered
 - 3 large carrots, peeled and chopped
 - 4 ribs of celery, chopped
 - 1 small bag of baby potatoes, halved or quartered
 - 4 parsnips, peeled and chopped
 - 1 8oz container of mushrooms*
 - 4 cups beef broth
 - 2 tbsps. of low sodium soy sauce
 - 3-5 fresh garlic cloves or 1 tbsp. of minced garlic
 - 1 tbsps. Worcestershire sauce
 - 1/2 tsp. of basil
 - 4 tbsps. of freshly shopped parsley or 1 tsp. of parsley seasoning
- *optional. You can also add corn or peas to this recipe!



Follow these 3 easy steps:



1

1. Season beef with smoked paprika, salt, and pepper in bowl. Put into slow cooker with olive oil for 2 hours on High, or 3-4 on Low until beef is cooked (or add to skillet until brown to cook faster. Then add it into the crockpot).



2

2. After chopping your parsnips, carrots, onions, mushrooms, celery and potatoes place them (raw) in the crockpot with the beef stew, add the beef bone broth, soy sauce, Worcestershire, and garlic on top, stir together. Cook for 4 hours on High or 6-8 on Low until vegetables are cooked thoroughly, stirring every hour or 2.

3. After beef stew is done cooking, add salt and pepper to taste along with basil and parsley.

3



And voila! It's done!

