

Beef Stew Recipe (edited 7-5-20; www.intranuclear.com)

For 1 1/2 quart crock-pot:

1 lbs cubed boneless beef chuck or round
1 14.5-oz can petite diced tomatoes
1 10.5-oz can of Campbell's condensed mushroom soup
2 Tbsp mild-flavored molasses
1 large onion, chopped (sauteed for health and faster cooking)
1/2 tsp celery salt (or more...to taste)

TBD vegetables (celery, baby carrots, green beans, potatoes, etc)
- or I use a bag of Green Giant "Garden Medley Vegetables"
... note that crock pot size will limit the amount of veggies you can add.

Everything gets added right away except for the veggies and the beef.

Many vegetables (e.g. carrots) require pre-cooking (microwave) to soften.
... then add veggies just 30 to 60 minutes before serving...
... also delay celery (if used) in order to keep it from getting too soft.

Place 4 Tbsp. of flour, plus salt, pepper, and Louisiana Cajun seasoning (all to taste, but usually a lot) in a 1 gallon Ziploc bag.

Add 1/2" cubed meat pieces and shake to coat.

Heat a 12" fry pan and add 2 Tbsp of cooking oil.
When hot, brown meat, turning with tongs, and transfer to crock-pot.

Cook on high to serve in 2 hrs. Cook on low to serve in 6 hrs.

Enjoy; it's a low carb stew if you don't use potatoes.