

Best Beef Stew

Ingredients

2 pounds lean stew beef

1 teaspoon salt

$\frac{1}{2}$ teaspoon ground black pepper

$\frac{1}{4}$ cup all-purpose flour

1-1/2 cups beef broth

$\frac{1}{2}$ cup tomato sauce (4 ounces canned)

4 medium red potatoes, cut in cubes

2 medium onions, sliced into wedges

1 cup baby carrots

2 cups frozen corn kernels

2 cans (about 15 ounces each) cut canned string beans, drained

4 cloves garlic, chopped

2 sprigs fresh thyme or 1 teaspoon dried thyme leaves, crushed

$\frac{1}{4}$ cup chopped fresh parsley

Instructions

Ideal Slow Cooker: 6-Quart

Season the beef with salt and pepper, then toss with the flour

to coat the meat.

Grease the crock pot with nonstick cooking spray.

Place the beef in the slow cooker.

Stir in the broth, tomato sauce, potatoes, carrots, corn, green beans, garlic and thyme.

Cover and cook on LOW for 7 to 9 hours, or until the beef and vegetables are fork-tender.

Stir in chopped fresh parsley.

Source : allrecipes.Com