

# Crock Pot Beef Stew for Two

## Ingredients

- 1 lb beef stew meat
- 1/4 cup flour
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 2-3 tablespoons olive oil
- 1 teaspoon sesame oil
- 1 small onion chopped
- 2 cloves garlic minced
- 2 carrots cut in chunks
- 2 potatoes cut in chunks
- 1 stalk celery chopped
- 1/2 cup dry red wine
- 2 tablespoons Worcestershire sauce
- 1 cup low sodium beef broth
- 1 teaspoon Cajun seasoning
- 1/4 teaspoon of cumin
- 1 bay leaf

## Instructions

In large Ziploc bag combine flour, pepper, salt and garlic powder. Add stew meat and shake to coat. Heat 1 tablespoon olive oil and sesame oil in large skillet over medium heat. Add coated stew meat and cook to brown all sides. Remove from heat and add to crock pot.

Heat 1-2 more tablespoons olive oil in same skillet over medium heat. Add onion and cook until lightly browned on the edges; approximately 4-5 minutes. Add garlic and cook for additional 1 minute. Add to crock pot on top of beef. Top with carrots, potatoes and celery.

Using same skillet add wine over medium low heat working to loosen browned bits on the bottom of the skillet. Reduce the

wine by 1/2 continuing to stir. Add Worcestershire sauce. beef broth, Cajun seasoning, cumin and bay leaf, Simmer for 5 minutes.

Pour wine/broth mixture over beef and vegetables in the crock pot.

Cook on low for 10 hours or high for 5 hours or until the meat and vegetables are tender. Remove bay leaf.