

Slow Cooker Beef-n-Onion Stew

This is a great way to use a cheaper cut of meat that still turns out tender and moist!

Tip

To make this recipe stretch further, try serving it over buttered egg noodles or thick mashed potatoes.

- 3 Tbls olive oil
- 2-3 lb stew meat, cut into 2-inch cubes
- 3 cups thinly sliced onions
- 2 cloves garlic
- 6 oz tomato paste
- 10 oz beef broth
- 1/2 c water
- 1/4 c red wine or red wine vinegar
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/4 tsp cinnamon
- 1 bay leaf

Brown beef in oil in a hot skillet. Remove to slow cooker and add onions and garlic to the skillet. Cook until browned. Add onion and garlic to the slow cooker, then mix remaining ingredients and pour over beef and onions. Cook on high 4 hours or low 8 hours.