



SLOWCOOKER WHOLE30 BEEF STEW

from **TAZANDBELLY.COM**

*Oven Temperature: 375**

Prep Time: 25 minutes

Cook Time: 3-4 hours

Servings: six

[Gluten free; Whole30 approved]

Ingredients:

2 pounds of stew meat or beef tips

1 pound carrots, cut into coins

4-5 large large red potatoes, cubed

1 large white onion, diced

1 TB balsamic vinegar

2 tsp dijon mustard

3 cups compliant beef broth

2-3 stems fresh rosemary

salt & pepper to taste

olive oil

2 TB arrowroot powder

Instructions:

Heat a drizzle of olive oil in large sauce pan and brown beef. When browned, transfer to slowcooker.

Add diced onion to the same pan. Stir well to scrape up any browned bits left from beef.

Add balsamic, dijon, and broth to the pan and stir until combined. Pour mixture into slowcooker over beef.

Cook stew in slowcooker on HIGH for 3-4 hours, or on LOW for 6-8 hours.

An hour prior to serving, cut up potatoes, carrots, and roughly chop rosemary. Toss with a drizzle of olive oil and roast in the oven on 375 for 45 minutes.*

In a small bowl, whisk together arrowroot powder and 2TB water. Pour into slowcooker and stir to combine.

Stew should begin to thicken immediately.

Place a serving of vegetables in a bowl, spoon beef stew mixture on top, and enjoy!