

Everything Herbal

by Cheryl Jabz

Slow Cooker Beef Stew with Bay Leaf



INGREDIENTS

- 1½ lbs beef stew meat
- 4 potatoes, chopped
- 3 carrots, sliced
- 1 onion, chopped
- 3 cups beef broth
- 2 bay leaves
- 1 tsp thyme
- 2 garlic cloves, minced
- Salt & pepper to taste

INSTRUCTIONS

- 1 Add all ingredients to a slow cooker.
- 2 Stir well and season to taste.
- 3 Cook on low for 7–8 hours or on high for 4–5 hours.
- 4 Remove bay leaves before serving.

Cheryl's Tip



For extra flavor, brown the beef before adding it to the slow cooker.



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