

BEEF STEW

3 lbs. Beef chuck, trim fat. & cut into 1-1/2" pieces
1/3 C Tomato paste
2 T Balsamic vinegar
2 T Chestnut Flour
Coarse salt & ground pepper
2 Onions cut into 1" chunks
1 lb. (about 6) small white or red new potatoes
6 Garlic cloves smashed
2 Bay leaves

Slow-cooker method:

Place beef in a 5 qt. slow cooker. Distribute tomato paste, vinegar, and flour over beef; season generously with salt and pepper. Add onions, potatoes, carrots, garlic, and bay leaves. Cover slow cooker, cook on high until beef is fork tender. About 5 hrs. or cook on low heat 8 hrs.