Crock Pot (Slow Cooker) Beef Stew

Yield: serves 6

Ingredients:
1 package cut stewing beef (approximately 1.5-2 pounds)
1 tablespoon all-purpose flour
¼ tsp salt
¼ tsp ground black pepper (fresh ground if possible)
1 large white onion (medium dice)
4 cloves garlic (minced)
1 large carrot (peeled medium dice)
2 stalks celery (medium dice)
1 large parsnip (peeled medium dice)
½ rutabaga (peeled medium dice)
1 large russet potato (medium dice just before adding to stew)
8 button mushrooms, quartered
3 cups low sodium beef stock
2 tablespoons cornstarch
1 bay leaf
½ tsp cayenne pepper
1/2 tsp sriracha (or your other favourite hot sauce)
Salt and black pepper to taste

Method:
Toss the stewing beef in the flour and salt and pepper. Shake off the remaining flour and put the meat into the slow cooker.
We recommend a medium or large-sized slow cooker.
Add in all the vegetables except the potato (onion, garlic, carrot, celery, parsnip, rutabaga, mushrooms). Add in the beef stock, bay leaf, cayenne pepper, and some salt and black pepper.
Turn the slow cooker onto high. Add the potato, turn the heat to low and continue to cook 1-2 hours before serving.
You will know the stew is done cooking if the meat is tender (taste a piece).
Once the beef is tender, add in the sriracha and adjust the seasoning with salt and pepper.
The last step is to thicken the stew. Skim some of the liquid off the stew and mix it with the cornstarch until it is well incorporated.
Return the liquid back to the slow cooker and mix the stew thoroughly.
Leave the stew to allow the cornstarch to cook out for 5-10 minutes.
If the stew isn’t bubbling/simmering when you put the cornstarch in then turn the heat back up to high.
Your stew is now ready to be served and enjoyed!