

Crockpot Beef Stew

Prep Time: 15 Minutes

Cook Time: 8 Hours

Servings: 12

Ingredients:

- 2 ½ - 3 Pounds Beef Stew meat
- 2 ½ cups red wine
- 2 ½ (20 oz.) Water
- 1 large chopped onion
- 1 drained 8 oz can mushrooms
- 1 un-drained 28 oz can diced tomatoes
- 1 cup carrots
- 1 cup celery
- 5 – 6 medium chopped potatoes
- 1 tbsp minced onion
- 1 tsp basil leaves
- 3 gloves minced garlic
- 1 tsp ground mustard
- ½ tsp black pepper
- ½ tsp ground coriander
- 2 medium bay leafs

Spray Crock pot with cooking spray. Combine all ingredients in slow cooker. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until potatoes and veggies are tender. You may want to add a can or two of tomato paste to thicken.