

Amish Beef Stew

Prep Time: 20-25 min Cook Time: 1-1 ½ hrs in oven; 8 hrs. in slow cooker

Ingredients:

- 3 lbs. lean chuck roast, cut into 1 inch cubes
- 5 c. beef broth or stock (can also use vegetable stock)
- 1 c. strong coffee (or instant espresso)
- 2 tsp. Hungarian Paprika
- 1 T. Worcestershire sauce
- 1 T. chili powder
- 3-4 Lg. cloves garlic
- 1 T. dark brown sugar
- 3 T. ketchup
- 6 medium potatoes, peeled and quartered
- 1 medium onion quartered
- 6 medium carrots, peeled and cut into large chunks
- 2 stalks celery, cut into large chunks
- 1 Bouquet garni (Rosemary, Thyme, Basil, Oregano)
- 1 dried or 2 fresh Bay leaves

Directions:

If you're using a Dutch oven to cook the stew, preheat your oven to 350 degrees.

In a skillet over medium high heat, lightly flour and then brown all chunks of chuck roast. Be careful not to cook the meat all the way through; you're just looking for a quick sear on all sides of each piece. Add browned meat, and all remaining ingredients to a stock pot and simmer on low for 8 hrs. (may need a bit more or less time, depending on your crock pot. Check tenderness at 7 hrs.) You can also add all ingredients to a Dutch oven and place in a 350 degree oven for 1 – 1 ½ hrs.