



## Beef & Sweet Potato Slow Cooker Stew

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### Ingredients:

- 3 pounds trimmed beef chuck steak, cut into 1- inch cubes
- ½ cup all-purpose flour
- 1 onion, diced
- 4 cloves garlic, minced
- 2 large sweet potatoes, peeled and cut into 1 ½ inch cubes
- 2 large carrots, sliced
- 1 red bell pepper, diced
- 1 ½ cups beef stock
- 1 (14 ounce) can diced tomatoes
- 1 beef bouillon cube, crushed
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 2 bay leaves
- 4 Tablespoons fresh chopped parsley (optional for garnish when serving)

### Method:

1. Place the meat and flour into a 6 quart slow cooker. Stir to coat meat well.
2. Add all remaining ingredients except bay leaves and parsley.
3. Stir all ingredients together – mix well.
4. Place bay leaves on top of mixture.
5. Cover, and cook on low heat setting for 8 -10 hours, or on high heat setting for 4-6 hours. Remove bay leaves at the end of cooking time.
6. Taste for seasoning and add extra, if needed. Serve – garnish with parsley if desired. Yields 8 servings.