

Slow-Cooked Herbed Beef and Potatoes

Savory and tender, this beef is simmered in a slow cooker and served over potatoes

Yield:

8 hearty servings

Ingredients:

2 pounds beef stew meat (in large cubes) or beef roast (chuck roast or similar)

1 large onion, diced

6 bay leaves

1/2 teaspoon black pepper

1 teaspoon dried thyme (or 1 tablespoon fresh)

1/4 teaspoon dried sage (or 1 teaspoon fresh)

1/2 teaspoon dried savory (or 1/2 tablespoon fresh)

2 teaspoons salt

2-3" of water in slow cooker (about 4 cups)

Additional ingredients:

1/2 cup all-purpose flour

1 cup milk or water

3 pounds potatoes, washed and cut into 1" chunks*

2 tablespoons butter

1 teaspoon salt

Instructions:

1. Place beef, onions, seasonings, and water (about 4 cups) into slow cooker. I use a 6-quart slow cooker, but I think this would fit in a 3-4-quart one as well. Cook on HIGH for 6 hours.

2. After about 5 1/2 hours of cooking, wash and cube the potatoes and place in a stock pot. Cook, covered, until potatoes are soft. (Reduce heat after potatoes start to boil.)

3. While potatoes are cooking, whisk together the 1/2 cup all-purpose flour and 1 cup milk or water in a small bowl. Remove the 6 bay leaves from the beef. Stir in the flour/milk mixture, into the hot beef, and cover again. Allow to heat for 10 minutes (still on HIGH) and stir again. Cover again, and heat until bubbly.

4. Drain potatoes briefly, return to pan, and stir in 2 tablespoons butter and 1 teaspoon salt. Potatoes can still be chunky. Or, you can use a hand mixer to make mashed potatoes. (Add 1/2 cup milk if making mashed potatoes.)

Serve the hot beef over the potatoes and enjoy!



This recipe is from Tammy's Recipes.