

Mee Maws Cajun Slow Cooker Stew

Crock Pot Beef Stew Ingredients

1 1/2 – 2 pounds lean Beef Stew meat or a Lean Beef Roast
1 12oz package frozen Seasoning blend (onions, bell peppers, celery & parsley)
6 Baby Red Potatoes (peeled & quartered)
4 fresh Carrots (peeled and cut)
2 tablespoons minced Garlic
1-2 cups Water or Beef stock
Tony's Original Creole Seasoning or Salt & Pepper to taste
4 tablespoons Canola oil or Olive oil
All purpose Flour

Crock Pot Beef Stew Cooking Directions

For this Beef Stew Crock Pot recipe, begin by placing 1 cup flour in a deep bowl.

Add Salt, Black Pepper and Cajun Seasoning if desired.

Toss the Beef Stew meat in the flour coating on all sides. Set aside in another bowl.

Heat 2 tablespoons oil in a deep skillet on medium heat (#6).

Brown the meat in batches on all sides (you should no longer see any red meat).

Place meat in the heated and oiled Crock Pot base.

Once all meat is browned and placed in the Crock Pot, toss in the Seasoning Blend or Cajun Trinity (onions, celery and bell pepper), Carrots, Turnips and lightly season again.

Add 1 – 1 1/2 cups water.

Cover and place Crock Pot on medium – high heat.

(Mine has numbers 1-5. I put on 3 or 4.)

Allow to cook for 2 hours undisturbed.

Uncover and stir to make sure not sticking to the bottom.

Recover and allow to cook an additional 2 hours.

Serve over cooked rice or my creamy mashed potatoes recipe.