

Freezer Dump Slow Cooker Beef Stew



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 4 servings

PREPPED INGREDIENTS

- 4 large red potatoes, cubed and blanched
- 1 lb. cubed stew meat
- 1 ½ cups chicken or beef broth
- ½ bag baby carrots, blanched
- 1 ½ tbsp olive oil
- ½ tsp oregano
- ½ tsp dried rosemary
- ½ tsp ground sea salt
- ½ tsp freshly ground black pepper

INSTRUCTIONS FOR PREP

1. Place potatoes in the bottom of a large, resealable bag.
2. Add remaining ingredients on top of potatoes.
3. Freeze.

INSTRUCTIONS FOR COOKING

1. The morning you want the meal, pour the bag of ingredients into a slow cooker.
2. Cover, and cook on low heat for 6-8 hours. Or, cover and cook on high for 4 hours.