

Beef Stew

Main Course

Ingredients	Cooking Method
2 lb Beef 14 oz Beef Broth 2 Yams 2 Carrots 1 Onion 2 slices Bacon 2 cloves Garlic 1 cup Flour 1 tsp Thyme Salt n Pepper	Slower Cooker (8 Hour)

1. Cut Onion, Yams, Carrots and Bacon into 2" chunks. Place onions bottom of slow cooker.
2. Pour in Beef broth.
3. Put flour in a zip lock bag.
4. Cut Beef into 1" cubes and placed into zip lock flour bag. Place floured cubes into slow cooker.
5. Add Thyme, Garlic, Salt n Pepper to Cooker.
6. Add Yam chunks
7. Add Bacon Chunks.

Cook on LOW for 6-8 hours.

Variations:

Use Lamb instead of Beef.