

# Slow Cooker Beef Stew

Source: <https://damndelicious.net/2016/10/07/slow-cooker-beef-stew/>

## Ingredients

- 2 tablespoons olive oil
- 2 pounds stew meat, cut into 1-inch cubes
- Kosher salt and freshly ground black pepper, to taste
- 1 pound baby red potatoes, quartered
- 4 carrots, cut diagonally into 1/2-inch-thick slices
- 1 onion, diced
- 3 cloves garlic, minced
- 3 cups beef broth
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce (or soy sauce)
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon smoked paprika
- 1 teaspoon caraway seeds, optional
- 2 bay leaves
- ¼ cup all-purpose flour
- 2 tablespoons chopped fresh parsley leaves

## Instructions

1. Heat olive oil in a dutch oven over medium heat.
2. Season beef with salt and pepper, to taste. Add beef to the dutch oven and cook until evenly browned, about 2-3 minutes.
3. Place beef and carrots in slow cooker. Add onion and garlic to dutch oven and cook for a few minutes, then add beef broth to deglaze.
4. Pour onion and broth mix over beef. Mix in tomato paste, Worcestershire, thyme, rosemary, paprika, caraway seeds (if using), and bay leaves until well combined; season with salt and pepper.
5. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
6. In a small bowl, whisk together flour and 1/2 cup stew broth. Stir in flour mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until thickened.
7. Serve immediately, garnished with parsley, if desired.

