

Slow Cooker Maple Beef Stew

Preparation: 15 min

Cooking : 465 min

Portions : 4

Ingredients

3 lbs cubes of beef L'Original Packing Ltd.

2 tablespoons vegetable oil

1 onion

3 big carrots cut in thick slices

3 tablespoons of flour

1/2 cup of maple syrup

1 cup of beef broth Berthelet

4 tablespoons of Chili sauce

2 teaspoons of ground garlic

1 sprig of thyme

1 bay leaf

Salt and pepper

Bells potatoes cut in half



Steps

Step 1:

Brown cubes in oil over high heat on all sides and do the same with the onion and carrots. Then put meat in slow cooker. Sprinkle flour and mix. Add onion and carrots.

Step 2:

In a bowl, mix broth, syrup, garlic, chili sauce and bay leaf. Add salt and pepper. Put sauce in the slow cooker and add potatoes on top.

Step 3:

Cook on low approximately 8 hours. Add fresh thyme one hour before the end of cooking. If we have time, cook wax and green beans in water separately with a bit of maple syrup and butter. Delicious.