

Beef Stew

Ingredient	US	Non-US
Beef stew meat, cut into 1-inch cubes	2 pounds	
all-purpose flour	¼ cup	
salt	½ teaspoon	
ground black pepper	½ teaspoon	
garlic	1 clove	1 clove
bay leaf	1 leaf	1 leaf
paprika	1 teaspoon	
Worcestershire sauce	1 teaspoon	
onion, chopped	1	1
beef broth	12 ounces (or 1½ cups)	
potatoes, diced	3	3
carrots, sliced	4	4
celery, chopped	1 stalk	1 stalk

Instructions:

1. Place meat in slow cooker.
2. In a small bowl, mix together the flour, salt and pepper. Pour over the meat and stir to coat meat with flour mixture.
3. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
4. Cover and cook on Low setting for 10 to 12 hours or on High setting for 4 to 6 hours.