



Westinghouse

Savory Slow Cooked Beef Stew

Ingredients

- 1-1 ¼ pounds beef stew meat, cut into 1 inch cubes
- 2 tablespoons olive oil
- 2 tablespoons and 2 teaspoons all-purpose flour
- ¼ teaspoon salt & 1/4 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 cup beef broth
- 2 potatoes, diced
- carrots, sliced
- 1 stalk celery, chopped

Directions

1. Brown meat first by using your CTChef™ Multi-Cooker in Sauté function.
2. To Sauté simply add oil, Press MENU button until the “—” points to “Sauté”. Press FOOD SELECT button and choose meat. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time. (10 minutes is usually good for a quick sauté) Press the ON/START button. The Start indicator light will stop blinking and cooking time will start counting down. The cooker will start heating the oil.
3. While the Multi-Cooker heats, dredge the meat in flour and set aside. After about 2 minutes of preheating, add meat and begin sautéing. While sautéing meat, mix together the flour, salt, and pepper; pour over meat, and stir. Add in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
4. Cover, and cook on “Slow Cook setting by Pressing MENU button until the “—” points to “Slow Cook”. Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time. I use 4- 6 hours for this recipe. Press ON/START button to begin cooking The CTChef™ will begin to count down in half hour increments after the temperature reaches 180°F. Once completed the unit will hold your Stew warm until you are ready to eat.

