

Easy, Savory Pot Beef Stew

<https://moneysmartfamily.com/money-saving-tips/chunk-beef-main-dish-recipes/#beef-stew>



This is a perfect recipe to make in the crockpot. Start it cooking in the morning and 6 hours later you'll have a delicious, savory hot meal. Perfect for a fall or winter's night. This meal costs about \$7 to make and will feed 8 to 10 people.

Prices are based on shopping in January 2018 in Phoenix, AZ

Ingredients:

2 lbs Chunked Bottom Round	\$1.99 per pound=\$3.98
3 large or 5 medium Potatoes chunked	2.5 pounds @ \$.23 = \$.46
5 Carrots sliced thick (about 3/8 inch)	.50 lb @ \$.66 per lb= \$.33
1 Onion chopped	1 lb @ \$.50 per pound= \$.50
1 (12 to 16 oz) Package of Green Beans	\$1.00
Garlic – 5 Cloves Chopped	\$.15
4 Bay Leaves	\$.05
4 cups of water	
4 cubes Beef Bouillon	\$.08
3 heaping Tablespoons Corn Starch	\$.09
1 Tablespoon Kitchen Bouquet	
Salt & Pepper to Taste	\$.50

Approximate Cost

\$7.14

Directions:

Pour all chopped ingredients into 5 Quart Crockpot. Stir to mix ingredients.

Cook on High for 6 Hours or until potatoes break apart with a fork. Beef internal temperature should be at least 170 degrees (f).

Gravy Dissolve 2 tablespoons of cornstarch in 2 ounces of of water. Slowly pour cornstarch mixture into hot broth and stir until broth thickens into gravy.

Add 1 Tablespoon of Kitchen Bouquet to add flavor to the broth. Salt & Pepper to taste.

Serve hot with bread and butter to sop up the gravy.