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Texas Stew



YIELD: 8 Servings
COOK TIME: 5 Hours
PREP TIME: 15 Minutes
COST PER SERVING: \$.79
COURSE: Soups/Stews

Ingredients

2 pounds beef tips, cut into 1-inch cubes
1 (14.5 oz.) can Mexicanstyle stewed tomatoes
1 (10.5 oz.) can beef broth, undiluted
1 (8 oz.) jar mild picante sauce
1 (10 oz.) package frozen whole-kernel corn, thawed
3 carrots, cut into 1/2-inch-thick pieces
1 onion, cut into thin wedges
2 garlic cloves, pressed
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 cup water
1/4 cup all-purpose flour

Preparation

Combine beef, tomatoes, broth, picante sauce, corn, carrots, onion, garlic, cumin and salt in a 5-quart slow cooker. Cover and cook on high for 3 to 4 hours or until meat is tender.

Mix water and flour in a bowl. Stir into meat mixture; cover and cook on high for 1 hour or until stew has thickened.