

Crockpot Beef Stew

Ingredients:

- 2lbs organic cubed beef (usually labeled stew meat)
- 1lb bagged baby carrots
- 4-5 stalks of celery
- 1-2lbs petite red bliss potatoes (amount based on your liking)
- 3 yellow onions
- Seasoning of your choice. I typically add salt, pepper, paprika to taste. You can also use McCormick's Beef Stew Seasoning Mix packets. *Note packets usually contain gluten

Instructions:

- Label a gallon sized freezer storage bag
- Dice/slice onions, celery and potatoes to the size of your liking
- Add all ingredients- *add seasoning first, beef last so that the meat ends up in the bottom of the crockpot and the seasoning tops all other ingredients
- Seal and freeze laying flat or standing

Cooking:

- Thaw in fridge overnight or in sink full of water in morning
- Add bag plus four cups of water to crockpot
- Cook on high for 4-5 hours or on low for 6-8 hours