

Savory Crockpot Beef Stew

This recipe will fill 2 medium trays*

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Ingredients: Note: the smaller the chunks of stew meat and vegetables, the easier they will rehydrate

1 lb Stew Meat	2 tsp Beef Bouillon
Olive Oil	2 C of Water
1 Onion chopped	Salt to taste
Garlic to taste	Pepper to taste
2 Tbsp Orange Juice Concentrate	Nutmeg to taste
1 C Cream Sherry	4 Carrots sliced
1 Tbsp Tomato Paste	1 large Potato cubed
	Flour and water slurry



Directions:

1. Brown Stew Meat in oil, then add to the crock pot
2. Add onions and garlic to fry pan, and saute, then add orange juice concentrate, cream sherry, tomato paste, and beef bullion. Add the 2 Cups of water and stir until mixed.
3. Add cubed potatoes and carrots to the crock pot with meat, then pour the liquid mixture over the top, and stir together.
4. Cook for 6-8 hours on low heat in your crock pot.
5. Add a slurry of water and flour, and cook for an additional 30 minutes.
6. Cool in Fridge until completely cool.
7. Spread evenly across 2 medium trays, you may want to use dividers to pre-portion.
8. Freeze until solid
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies	Rehydration: Add a little bit of boiling water at a time, let stand 1-2 minutes, and repeat until desired consistency is reached.
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*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

Cycle times & rehydration for reference only
Large Tray = 8 Cups/tray Medium = 6 Cups/Tray