

# Savory Crockpot Beef Stew

*This recipe makes 10 cups of stew*



## Ingredients

**1 lb** stew meat  
Beef broth  
**1** onion, chopped  
Garlic to taste  
**2 Tbsp** orange juice concentrate  
**1 cup** cream sherry  
**1 Tbsp** tomato paste  
**2 tsp** beef bouillon  
**2 cups** water  
Salt to taste  
Pepper to taste  
Nutmeg to taste  
**4** carrots, sliced  
**1 large** potato, cubed  
Flour and water slurry

## Directions:

1. Brown the stew meat in beef broth, then transfer it to the crock pot.
2. In the same pan, sauté the onions and garlic until fragrant. Add the orange juice concentrate, cream sherry, tomato paste, and beef bouillon.
3. Pour in the water and stir until well combined.
4. Add the cubed potatoes and carrots to the crock pot with the meat, then pour the liquid mixture over the top and stir to combine.
5. Cook on low heat for 6 to 8 hours.
6. Add a slurry of water and flour, then cook for an additional 30 minutes.
7. Let cool completely in the refrigerator.
8. Spread evenly across trays. To pre-portion, use dividers set to 10 portions.
9. Freeze until solid.
10. Freeze dry (my cycle time was 31 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Place three ½-cup portions of freeze-dried stew into a bowl or heat-safe container. Start with 1 cup of the 1 ½ cups of hot water and stir gently to distribute the water evenly. Cover and let sit for 10–15 minutes, stirring occasionally. Add more hot water as needed, a little at a time, until the stew reaches the desired consistency. Serve and enjoy.

## Notes:

Cutting stew meat and vegetables into smaller pieces helps them rehydrate more quickly and evenly after freeze-drying. Smaller sizes allow water to penetrate faster, reducing soak time and ensuring a better texture in the final dish.

## Nutritional Value Per 1 ½ cup serving

Calories: 245 Protein: 19 g Fat: 4 g Carbohydrates: 26 g Sugar: 9 g Fiber: 5 g