

## Crock Pot Beef Beaujolais

By Camine Pappas, July 2005

13/4 lbs cubed stew meat (beef)

1 1/2 C carrots diced

2 red potatoes cut into small chunks

1 medium yellow onion diced

1/2 t cracked black pepper

1 t sea salt

4 cloves garlic, chopped

1/4 t dried parsley (or use fresh and add at end)

1 large can crushed red tomatoes

2 C Beaujolais wine

3/4 t soy sauce

1 1/2 t dijon mustard

1/2 t dried ginger

2 C water or enough to cover everything but be about 2 inches from top of crock pot.

Put everything in crock pot (I love instructions like this...) and cook on high for 5 hours.