



## Beef Slow Cooker Stew with Red Wine

Camine Pappas / Serves 4 / January 2019

### INGREDIENTS:

#### CHICKEN:

- 2 lbs stew meat
- ½ C red wine
- 1 C water
- 4 medium carrots and 2 white potatoes cut into chunks
- ½ small white sweet onion
- 3 cloves of garlic rough chopped
- 2-3 t kosher salt
- 2 t black pepper
- Bouquet garni (sage, rosemary, oregano, and thyme)

### METHOD:

Combine spice mix, parsley, and oil as noted above in ingredients. Spread over the chicken and place in an oiled baking dish. Cook at 375 degrees F for about 15-20 minutes or until medium. Do not overcook. Serve over rice, with the lemon white wine sauce and the candied beets.\*\*

*\*1 t each of paprika, coriander, herbs de Provence, cumin, cinnamon, ginger, turmeric. Dash of nutmeg and cardamom.  
\*\*Top with quick pickled cucumbers if desired. I add sliced cukes to a bowl, and cover with about ½ C red wine vinegar and 2 T sugar and let sit for 1 hour.*

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