

# Crock Pot Beef Stew

Last night I used my foodie knowledge to help a friend through a stressful moment. I described my love affair with Trader Joe's grocery store in such detail that she learned about my secret ongoing shopping list, what each item is that I crave and how I use one dish, three ways. By the end of my "foodologue" I think I had actually BORED her out of her anxiety attack.

It made me start thinking about comfort foods. For many people, it's what our mommies used to make for us or maybe what we had at favorite holidays. I wonder what my boys will recall as their favorite foods, twenty years from now. Today's recipe might top the list. The last time I made my beef stew, my boys and my husband all were members of the clean plate club. Definitely a recipe to repeat often! It's also easy to throw half of the finished product into tupperware and freeze it for another dinner, another time.

1 to 1 and 1/2 lbs beef stew meat, cubed  
8 oz. baby carrots  
5 stalks celery, cleaned and cut  
6-7 red potatoes, peeled and cut into quarters  
1 medium onion, cut into chunks  
8 oz. frozen green beans  
2 cloves garlic, chopped fine  
2 bay leaves  
1/2 t. rosemary  
1 cup beef bouillion  
3/4 cup leftover red wine  
1 can condensed tomato soup (don't add any water)  
salt and pepper  
(1 T. corn starch and 1/2 c. water to finish it off)

Dump everything into the crockpot. Set on low and cook for 8-9

hours until meat and vegetables are soft. Remove the meat and veggies and then mix in 1 T. corn starch that has been dissolved into 1/2 cup water. When the gravy thickens up, dump the meat and veggies back into the crockpot, mix it all together and serve.