Recipe: Crockpot Beef Stew

Ingredients:

4 Medium potatoes, peeled and diced;
   or an equivalent amount of unpeeled but diced new potatoes
4 Carrots, peeled and sliced
maybe a sliced parsnip
1 Medium Onion, peeled and sliced
   (or an equivalent of pearl onions)
1 large or 2 small cans Stewed Tomatoes
1-2 lb. raw Stew Beef
1 tablespoon of butter
4 Bay Leaves
5 Beef Bouillon Cubes
Sprinkling of Oregano
Sprinkling of Black Pepper
2 squirts ketchup
1/4 bottle red wine
2 dashes Worcestershire Sauce
1 dash Adobo
1 tsp Horseradish
1 splash Hot Sauce
4 tbsp. flour = 1/4 cup

Put all except the flour in the crock pot. Cover with water.

Cook on high for about 6 hours on high or overnight on low. Sift in flour and stir to thicken.

Provides 4-6 servings.
For 30 people:

18 Medium-big potatoes, peeled and diced;
   or an equivalent amount of unpeeled but diced new potatoes
18 Carrots, peeled and sliced
4 Medium Onions, peeled and sliced
   (or an equivalent of pearl onions)
4 large or 10 small cans Stewed Tomatoes
~7 lb. raw Stew Beef
5 tablespoons of butter
20 Bay Leaves
25 Beef Bouillon Cubes
5 Sprinklings of Oregano
5 Sprinklings of Black Pepper
10 squirts ketchup
2 bottles red wine
10 dashes Worcestershire Sauce
5 dashes Adobo
5 tsp fresh-ground Horseradish
5 splashes hot sauce
1.25 cups flour

Put butter and some sea salt and meat in large saucepan, brown for 15-20', stirring occasionally. Add
canned tomatoes and then carrots and potatoes first, then everything else except for the flour. Add
water to cover. Cook at about 275-300 degrees for ~24 hours. Add a splash of Cognac at the end. Sift in
flour slowly to thicken.