

## BEEF STEW

### FREEZE TOGETHER

- 2 lbs. **beef chuck**, *fat trimmed, cut in small-ish pieces*
- 1 medium **onion**, *sliced thinly*
- 6 stalks **celery**, *sliced diagonally*
- 6 **carrots**, *sliced diagonally*
- 2 teaspoons **salt**
- 1 tablespoon **sugar**
- 2 small cans **tomato juice** (*about 1 cup*)

### INSTANT POT

High Pressure 30 mins

10-minute natural release

### SLOW COOKER

High Setting 6 hrs

Thaw ingredients first

### FINAL STEP

After cooking, add a cornstarch slurry to the stew (2 tbsp cornstarch + 2 tbsp water). Transfer stew to a baking dish and broil for 5-10 minutes to get everything browned and thickened, or let it rest in the pot until thickened.

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