**Beef Stew**

3 pounds beef chuck or stewing beef

4 tablespoons flour

2/3 teaspoon garlic powder

2 teaspoons salt

1 teaspoon black pepper

4 tablespoons olive oil

1 onion, chopped

11/2 cup vegetable juice such as V8

6 cups beef broth

1 tablespoon Worcestershire sauce

2 teaspoons Mrs. Dash seasoning

4 cups potatoes, peeled and cubed

3 cups carrots, cut into 1 inch pieces

1 cup celery stalks cut into 1 inch pieces

3 tablespoons cornstarch

3 tablespoons water

Instructions

1. Combine flour, garlic powder, salt and pepper. Toss beef in flour mixture.

2. Brown the beef and onions in olive oil about 1 pound at a time. Add some of the broth to the pan and scrape up any brown bits.

3. Add all ingredients – except cornstarch and 3 T. of water - to a large slow cooker.

4. Cook on high for 4-5 hours or on low 7-8 hours, or until beef is tender.

5. Mix cornstarch with 3 T. water. Stir into the stew a little bit at a time to thicken 9you may not need all of the mixture.)

6. Cover and cook 10 minutes. Season with salt and pepper

7. Upon delivery to the shelter, set crock pot on lowest setting.