

# British Isles Stew (Slow Cooker)

Lorraine Wasson

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*6 tablespoons flour*  
*2 teaspoons salt*  
*1/2 teaspoon pepper*  
*2 pounds boneless round*  
*steak or London Broil, cut in*  
*one-inch cubes*  
*3 tablespoons salad oil*  
*2 medium onions, cut in*  
*eighths*  
*1 can (16 ounce) whole or*  
*diced tomatoes*  
*1 can (12 ounce) beer*  
*1/2 teaspoon cinnamon*  
*1 bay leaf*  
*1/4 cup chopped parsley*

In a bowl, mix the flour, salt and pepper. Coat the cubed steak in the mixture.

Heat oil in a large pan. Add the beef and brown on all sides. Add the onion until just tender.

Add the beer, tomatoes, cinnamon, bay leaf, parsley and remaining flour to a slow cooker. Add the steak and onion to the crockpot.

Cover and cook on LOW for five to six hours (or stovetop for two hours).

Serve over mashed potatoes.

---

Per Serving (excluding unknown items): 773 Calories; 42g Fat (54.2% calories from fat); 9g Protein; 71g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 4298mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Vegetable; 8 Fat.