

Easy Weeknight Beef Stew

2 tbsp. all-purpose flour
1 pound beef stew meat, cubed
2 tbsp. cooking oil
½ cup chopped onion
2 tsp. Gourmet Garden squeezable garlic blend
1 packet of brown gravy mix
½ tsp. dried basil, crushed
½ tsp. dried thyme, crushed
1 can fire roasted diced tomatoes, undrained
¼ cup water
2 cups Veg All canned mixed vegetables, drained
1-4 oz. can of mushrooms, drained

Spray a 4-quart slow cooker with non-stick spray and turn on to heat. Place flour in a plastic bag and shake meat cubes to coat. In a large saucepan, brown meat in hot oil, half at a time. In the bottom of the slow cooker, layer onions, garlic and meat. Sprinkle with gravy mix, basil, and thyme. Pour canned tomatoes and water over mixture and stir to combine. Cover; cook on low-heat setting for 10-11 hours or high for 6-7 hours or until meat is tender. 20 minutes before serving, stir in canned vegetables and mushrooms and heat through.