



Slow Cooker Beef & Noodles

Description

Ingredients

- 2 lbs of beef stew meat or chuck roast, cut into bite-sized pieces
- 1 onion, finely chopped
- 3 cloves of garlic, minced
- 4 cups beef broth
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- 3 cups egg noodles
- 1/4 cup flour
- 1/4 cup water
- 1 tbsp Worcestershire sauce

Directions

1. In a skillet over medium heat, brown the beef pieces until well-seared on all sides. This step is optional but adds a rich depth of flavor.
2. Transfer the beef to the slow cooker. Add the chopped onion, minced garlic, beef broth, salt, pepper, thyme, rosemary, and bay leaf.
3. Cover and cook on low for 7-8 hours, or until the beef is tender and you're able to shred it with a fork.
4. About 30 minutes before serving, remove the bay leaf and add the egg noodles to the slow cooker. Stir to combine with the beef and cooking liquid.
5. In a small bowl, mix together the flour and water to create a slurry. Stir it into the slow cooker to thicken the sauce.
6. Add the Worcestershire sauce, stir well, and cook for an additional 30 minutes, or until the noodles are tender.
7. Serve hot with your favorite sides and enjoy the warm, nostalgic flavors.

Variations & Tips

For a creamier version, you can stir in half a cup of sour cream or a can of cream of mushroom soup before serving. If you're in the mood for extra veggies, add some sliced mushrooms, carrots, or peas during the last hour of cooking. For a slightly different texture, substitute the egg noodles with a different type of pasta such as wide fettuccine. And for those who love a bit of a kick, a pinch of red

pepper flakes can add a subtle heat that enhances the dish's flavors.

Category

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