

Beef & Noodles – Slow Cooker



PREP TIME:
15 MINUTES

COOK TIME:
8 HOURS ON LOW CROCKPOT

TOTAL TIME:
8 HOURS 15 MINUTES

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Recipe type: Gluten Free / Dairy Free
Yield: 4-6 Servings

Ingredients:

- 2 Pounds Organic Grass Fed Stew Beef
- 1 Large Sweet Onion - Diced
- 2 TBSP Extra Virgin Olive Oil
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder
- Cracked Black Pepper to Taste
- 1 TBSP Vegan Butter (*I use Melt brand*)
- 2 1 Ounce Packets “Simply Organic” Brand Brown Gravy Packets
- 2 Cups Water
- 1 lb. Organic Egg Noodles (*Recommend Jovial Brand – Tagliatelle Style*)
- **Noodle Alternative:** Zucchini Noodles

Instructions:

1. In a large pot, add the olive oil and onion – cook on medium heat.
2. Open the stew beef and add all meat to the pot.
3. Season with salt, garlic powder and pepper. Add the vegan butter. Stir to cook all sides.
4. While the meat is cooking, pour 2 cups of water into a small saucepan. Add both gravy packets and stir gently with a whisk until dissolved. Keep on low and stir occasionally until comes to a boil.
5. Allow gravy to simmer about 1 minute to desired thickness/consistency.
6. Once meat is browned on all sides, transfer contents to the crockpot. Pour the gravy over the meat and stir until meat is covered with gravy. Place lid on crockpot.
7. Allow to cook on low for 8 hours.
8. Once meat is ready, prepare egg noodles according to package instructions.
9. Serve over Gluten Free egg noodles.
10. **Option for Thicker Sauce:** Mix 1 TBSP organic corn starch or arrowroot with $\frac{1}{4}$ cup water. Add into beef mixture after it's done cooking.
11. **Noodle Alternative:** Spiralize zucchini or use a peeler for ribbon type zucchini noodles.

***Try and use all organic ingredients if possible.**

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