

Beef Stew

Recipe here: <http://the-art-of-sunday.com/2020/11/10/stovetop-beef-stew/>

To prep: Using the recipe as a guide, season the meat (salt pepper and smoked paprika) and sear in hot oil. Let cool. Add other ingredients to gallon freezer bag, potatoes first (ensuring chopped potatoes are emerged in liquid while freezing prevents browning). Squeeze out air. Freeze.

To cook:

- In slow cooker, cook from frozen on high 6 hours. Or thawed on high for 4 hours.
- In instapot, cook from frozen on high for 30 minutes and another 10 minutes thereafter if needed until done.

To serve: Serve with biscuits or crusty bread.