V8 Beef Stew for Two

 

This rich stew is super delicious, easy to make and really low on carbs!

Ingredients:

1 pound beef rump roast (“bottom roound”), cut into 1” – 2” cubes

¼ head cauliflower, washed and chopped into florets

1 medium onion, large chopped

2 ribs celery, chopped

2 – 4 cloves garlic, peeled and minced

1½ teaspoons Worcestershire sauce

25 – 30 ounces V8 vegetable juice

¼ teaspoon paprika

½ teaspoon salt, more to taste

½ teaspoon ground, pepper, more to taste

¼ cup all-purpose flour (low-carb: Tapioca or almond flour)

1 tablespoon Knorr tomato-chicken bouillon, more to taste

2 tablespoons olive oil

Preparation:

Season cubed beef with ¼ teaspoon salt and ¼ teaspoon pepper. Coat the beef in flour - make sure the cubes are well coated, but do not have any clumps of flour.

Brown the floured beef in a skillet with the olive oil, then deglaze the skillet with the vegetables and about 6 ounces of the V8 juice. Season the meat and vegetables with the remaining salt, pepper, bouillon and the paprika, then stir in the Worcestershire sauce before pouring everything into a small slow cooker.

Pour V8 juice over the top of everything, cover and cook on high for 5 hours, stirring halfway through.