

Crock Pot Asian Beef Stew

1 pound chuck roast (or other beef cut)
Ground black pepper, to taste
1 cup homemade or low-sodium beef broth
1 tablespoon Hoisin sauce
1 tablespoon low-sodium soy sauce
1 tablespoon Sambal Oelek (Thai chili paste)
1 teaspoon minced ginger
1/2 large onion, chopped
2 green onions, chopped
1/2 to 1 red bell pepper, chopped
Baby carrots (enough for each serving)
Cooked rice, for serving
Fresh mint, Thai basil, or cilantro, for garnish

Season the beef with ground black pepper and place in bottom of a 3-quart crock pot. In a 2-cup measuring cup (or bowl), mix the beef broth, Hoisin sauce, soy sauce, Thai chili paste, ginger, and set aside. Chop up the onions and peppers and add them to the slow cooker along with the baby carrots. Pour the sauce over everything and cook on low 8 to 10 hours or on high 4 to 6 hours. Serve with cooked rice (we cooked ours in beef broth for more flavor), and a vegetable of choice. We served with steamed edamame pods.

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