

## Slow Cooker Beef Stew with Artichokes

2 cups (350 grams) peeled baby carrots  
14 ounces (400 grams) frozen artichokes, defrosted just enough to separate them  
2 tablespoons raisins  
2 peeled shallots  
6 peeled garlic cloves  
1 tablespoon Demerara sugar (or light brown or dark brown sugar is fine)  
1 teaspoon salt  
1 tablespoon red wine vinegar  
1/2 cup (118 ml) red, rose or white wine  
4 tablespoons (100 grams) tomato paste  
2.2 pounds (1 kilo) cubed stew meat - chuck (#2 cut in Israel)

Optional for thickening stew: 2 rounded tablespoons cornstarch  
1/3 cup cold water

### Directions:

Place boiling water inside the bottom of the crock of a slow cooker (6-8 quart slow cooker) and float a cooker bag in it to make clean up a snap. Into cooker bag, layer carrots, artichokes, raisins, shallots, garlic cloves, sugar, salt, vinegar, wine and tomato paste. No need to stir it up. Layer meat over the top. Cover the cooker and cook on high for about 5 hours. Check tenderness of meat with a wooden skewer. If not soft enough, cook an additional half hour till tender. Fifteen to twenty minutes before done, if you wish to thicken the stew, mix the cornstarch into the cold water and stir vigorously till fully dissolved. Remove cover of crock, stir into stew, recover crock and let thicken for 15-20 minutes. Serve hot with cooked rice or mashed potatoes or as is. A note, if you wish to cook this on low, simply cook for 8-10 hours, check with skewer to check tenderness of meat and turn to high if you are adding the cornstarch slurry to thicken, as above.