



Crock Pot Beef Pot Pie Filling (AKA Stew)

Adapted from [Slow Cooker Revolution](#)

BAH Note: If you'd like to serve this as pot pie, divide the filling between two 9 inch pie plates, cover each with one boxed pie crust (trimming and crimping the edges and cutting four vent holes into each) and bake at 425 degrees for 25 minutes. ATK says the filling can be refrigerated for 2 days, or frozen for a month, before assembling the pot pie. You will want to reheat the filling on the stove and add additional broth to get your desired consistency.

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 10 ounces mushrooms, halved or quartered
- 2 carrots, peeled and cut into 1/2 inch slices
- 3 tablespoons tomato paste
- 1/4 cup all purpose flour
- 1 can chicken broth
- 1/4 cup red wine
- 1 tablespoon soy sauce
- 2 pounds boneless beef chuck roast, cut into 3/4 inch pieces
- 1 cup frozen peas

Heat the oil in a large frying pan over medium high heat. Add the onions, mushrooms, carrots, tomato paste and cook until for 8 to 10 minutes the vegetables soften and begin to brown. Sprinkle the flour onto the vegetable mixture and cook for 1 minute before whisking in the broth and wine. Scrape any bits off the bottom of the pan and transfer the vegetable mixture to the crock pot.

While the vegetables cook, season the beef with salt and pepper.

Once the vegetables have been transferred to the crock pot, add the soy sauce and beef. Cook for 5 to 7 hours on high or 9 to 11 hours on low until the beef is tender. Allow the filling to settle for a few minutes and then skim any fat from the top. Add the peas, cover, and let them warm through before serving.

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