

Angels Cook Book



Slow Cooker Beef Stew

2 pounds beef stew meat, cut into 1-inch pieces	3 medium potatoes, diced
¼ cup all-purpose flour	1 medium onion, chopped
½ teaspoon salt	1 stalk celery, chopped
½ teaspoon black pepper	1 teaspoon Worcestershire
1 ½ cups beef broth	1 teaspoon ground paprika
4 medium carrots, sliced	1 clove garlic, minced
	1 large bay leaf

Instructions:

Gather all ingredients.

Place beef in the slow cooker.

Mix flour, salt, and pepper together in a small bowl; pour over beef and stir until coated.

Add beef broth, carrots, potatoes, onion, celery, Worcestershire sauce, paprika, garlic, and bay leave; stir to combine.

Cover, and cook until beef is tender enough to cut with a spoon, on Low for 8 to 12 hours, or on High for 4 to 6 hours.

Serve hot and enjoy!

Nutritional Information

Serving Size: 6 servings • Calories: 576

www.allrecipes.com/recipe/14685/slow-cooker-beef-stew-i/



Irish Tea Cake

1 cup white sugar	2 teaspoons baking powder
½ cup butter, softened	½ teaspoon salt
2 large eggs	½ cup milk, or more if needed
1 ½ teaspoons vanilla extract	¼ cup confectioners' sugar for dusting
1 ¾ cups all-purpose flour	

Instructions:

Preheat the oven to 350°F (175°C). While it heats, grease and flour a 9-inch round pan.

Cream sugar and butter together in a mixing bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time, mixing until fully incorporated after each addition. Stir in vanilla.

Combine flour, baking powder, and salt in a mixing bowl. Stir dry ingredients into wet ingredients alternately with milk, adding 1 to 2 tablespoons more milk if batter is too stiff. Spread batter evenly into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes, then turn out onto a serving plate and cool to room temperature, 20 to 30 minutes. Dust with confectioners' sugar right before serving.

Nutritional Information

Serving Size: 10 servings • Calories: 273

www.allrecipes.com/recipe/27028/irish-tea-cake/