## **Beef Stew**

2-3 lbs stew meat

- 6 carrots
- 6 potatoes
- 1 small onion salt and pepper 3/4 cup water



Scrub potatoes and carrots and cut into bite sized pieces. Peel onion and cut into small chunks. Put stew meat and veggies in crock-pot. Pour water over everything. Salt and pepper to taste. Turn crock-pot on high for 3 - 4 hours or on low for 6 - 7 hours.

Serve with cornbread.

