

Round-up Stew *... the only easy part of the day*

Prep time: ½ hour

Serves: 4-6 Easily multiplied for volume servings

<i>Volume</i>	<i>Ingredients</i>	<i>Preparation</i>
~ 2½ lb. 1 Tbsp. ½ tsp	Buffalo Arm Roast, silver skin removed Olive Oil Minced Garlic	1. Heat oil in skillet and sear roast on all sides. Place in slow cooker ^{*1} 2. Sautee' garlic in same pan and add to top of roast.
1-10 oz. can 1 cup 1 envelope 1-14½ oz. canned dash	Tomato Bisque Soup Water Lipton Onion Soup Mix Stewed Tomatoes Balsamic Vinegar Pepper to taste	3. Top roast with these ingredients and cook on low for 6 hours. Stir.
1 cup 1 cup 2 cups	Carrots, diced or sliced Celery, diced ^{*2} Russet Potatoes, peeled & cubed	4. After 6 hours, add these ingredients to the slow cooker and turn to high for 2½ to 3 hours. 5. When vegetables are tender, break apart the roast and serve up in bowls.

Terrific served up with warm, crusty French bread slices for dunking or Double Corn Muffins

^{*1} Have prepared in Dutch Oven with equally enjoyable results

^{*2} Canned, drained "Irish" potatoes, added ½ hour prior serving works well too