



Tender Slow Cooked Beef Over Rice

The Easiest Cozy Dinner

Hello, my dear. Come sit with me for a minute. I want to tell you about my favorite easy dinner. It is tender beef cooked slow all day. Your whole house will smell like a warm hug.

You just put everything in the pot. Then you let it cook. It is so simple. I still laugh at how my grandson calls it magic meat. What is your favorite cozy meal that makes you feel safe?

A Little Story From My Kitchen

One rainy Tuesday, my neighbor popped by. She was tired from a long

day. I had this beef cooking. Her face lit up when she smelled it.

I sent her home with a big bowl for her family. She said it saved her night. This matters because food is how we care for each other. A simple meal can be a great kindness.

Let's Talk About the Good Stuff Inside

This meal is full of good protein. That helps your body grow strong. It gives you the energy to run and play. I think that is wonderful.

We should think about what our food does for us. This matters because eating well is a way of loving yourself. It is not just about taste. It is about feeling good, too.

The Secret to a Perfect Gravy

Sometimes the gravy is a bit thin. Do not worry. This happens to me too. The recipe has a simple trick with cornstarch.

You mix it with cold water first. Then stir it in. In twenty minutes, it gets thick and lovely. Fun fact: Cornstarch is a magic powder from corn. It thickens sauces without changing the taste! Have you ever tried to thicken a sauce before? What happened?

Why I Love My Slow Cooker

My slow cooker is my best friend in the kitchen. It does all the work. I can go about my day and not worry. Does not that sound nice?

You can be at school or playing outside. Dinner is cooking itself at home. It fills the house with a happy smell. What is the best smell you remember from your kitchen?



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Ingredients:

Ingredient	Amount	Notes
Beef stew meat	2 pounds	
Cream of mushroom soup	1 (10.75-ounce) can	
Brown gravy mix	2 (0.87-ounce) packets	
Beef bullion cube	1	
Water	1 cup	
Onion	1 small, chopped	



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My Cozy Kitchen Beef

Hello, my dear! Come sit with me for a moment. I want to share my recipe for Tender Slow Cooked Beef. It's the kind of meal that makes the whole house smell wonderful. It reminds me of my own grandma's kitchen. I still laugh at how my cat, Marmalade, always sits by the slow cooker. He hopes for a little taste!

See also [Southern Memphis-Style Dry Rub Ribs: A Culinary Delight](#)

This recipe is so simple. You just put everything together in the morning. Then you let the slow cooker do all the work. When you come home, dinner is ready and waiting. Doesn't that sound like a little bit of magic? Let's get started.

- **Step 1:** Get out your slow cooker. It should hold about 4 quarts. Now, put the beef stew meat right inside. No need to brown it first. I love how easy that is. Add the chopped onion on top of the beef. The little onion pieces will just disappear into the gravy.
- **Step 2:** Open the can of cream of mushroom soup. Plop it right into the slow cooker. Then, sprinkle in the two packets of brown gravy mix. Don't forget the beef bouillon cube! It adds so much good flavor. Now, pour in one cup of water.
- **Step 3:** Take a big spoon and mix it all up. You want the gravy to cover all the beef pieces. It might look a little messy now. But trust me, it will turn into something amazing. (A hard-learned tip: If you spray the slow cooker bowl with oil first, cleaning up is much easier later!).
- **Step 4:** Put the lid on tight. Turn the cooker to the low setting. Let it cook for 7 to 8 hours. You can go play or read a book. The waiting is the hardest part! What's your favorite thing to do while dinner

cooks? Share below!

- **Step 5:** When the time is up, the beef will be so tender. It will fall apart with a fork. If the gravy seems a bit thin, don't worry. Mix a spoon of cornstarch with two spoons of cold water. Stir that in, put the lid back on, and cook on high for 20 minutes. Serve your beautiful beef over hot, fluffy white rice.

Cook Time: 7-8 hours

Total Time: 7 hours 15 minutes

Yield: 4-6 servings

Category: Dinner

Let's Mix It Up!

This recipe is like a good friend. It's always there for you. But sometimes, it's fun to dress it up a little. You can try so many different things with it. Here are a few of my favorite twists.

- **Mushroom Lover's Dream:** Add a whole package of sliced fresh mushrooms at the start. They get so juicy and rich.
- **A Little Sweet & Smoky:** Stir in a tablespoon of soy sauce and a teaspoon of smoked paprika. It gives it a deep, cozy flavor.
- **Herb Garden Fresh:** Throw in a big handful of fresh thyme or rosemary. It makes the kitchen smell like a summer garden.

See also [Chipotle Bacon Carbonara Recipe](#)

Which one would you try first? Comment below!

The Perfect Plate

Now, let's talk about serving your masterpiece. A big bowl of hot rice is the best base. I like to make a little well in the middle of the rice. Then I

spoon the beef and all that glorious gravy right into the center. It's a simple way to make it look special.

For a side, buttery green beans or steamed carrots are lovely. They are nice and bright next to the brown beef. A little sprinkle of fresh parsley on top makes everything pop. For a drink, a cold glass of apple cider is perfect. For the grown-ups, a dark red wine like a Merlot is very nice with the beef. Which would you choose tonight?



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Keeping Your Cozy Beef for Later

This beef makes wonderful leftovers. Let it cool completely first. Then store it in a sealed container in the fridge. It will stay good for about three days.

You can also freeze it for a later meal. I use freezer bags and lay them flat. This saves so much space in your freezer. It's a perfect ready-made dinner for a busy night.

Reheating is simple. Just warm it gently in a pot on the stove. Add a splash of water if the gravy seems thick. I once reheated it too fast and it splattered everywhere. Now I always use a low heat.

Making a double batch is a smart idea. It gives you a night off from cooking later. This matters because a ready meal brings peace to a hectic day. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Hiccups

Sometimes the gravy can be a bit thin. Do not worry. The cornstarch trick in the note works like magic. Just mix it with cold water first.

Is your meat not quite tender enough? This means it needs more time. Let it cook for another thirty minutes. I remember when I was impatient and served it too early. The meat was a little tough.

The flavor might taste a little flat. This happens sometimes. Just add another pinch of salt or bullion. Fixing small issues builds your cooking confidence. It also makes the final meal taste so much better. **Which of these problems have you run into before?**

See also Spaghetti Sauce II Recipe

Your Questions, My Answers

Q: Can I make this gluten-free? A: Yes! Use a gluten-free cream of mushroom soup and gravy mix. Check the labels to be sure.

Q: Can I prepare it ahead of time? A: You can chop the onion the night before. Combine all the ingredients in the slow cooker bowl. Keep it covered in the fridge until morning.

Q: What if I don't have an onion? A: You can use a teaspoon of onion powder instead. It will still taste very good.

Q: Can I make more for a crowd? A: Yes, you can double the recipe. Just use a larger slow cooker so it all fits.

Q: Any extra tips for more flavor? A: Try adding a few sliced mushrooms. They cook down and become so soft and tasty. **Which tip will you try first?**

From My Kitchen to Yours

I hope this recipe becomes a favorite in your home. It always makes my kitchen smell wonderful. My grandkids say it is the best smell ever.

I would love to see your creation. Sharing food is a way of sharing joy. Fun fact: The smell of good food can actually make people feel happier.

Have you tried this recipe? Tag us on Pinterest! I always look for your photos. It makes my day to see them.

Happy cooking! —Elowen Thorn.

Savorydiscovery.com

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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **7 minutes**



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Rest time:



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Total time: **7 minutes**



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Servings: **4 servings**



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Calories:**391 kcal**

Best Season: **Summer**

Description

Tender beef slow-cooked in a rich gravy until it falls apart, perfect

served over hot white rice.

Ingredients

- ☐ 2 pounds beef stew meat
- ☐ 1 (10.75-ounce) can cream of mushroom soup
- ☐ 2 (0.87-ounce) packets brown gravy mix
- ☐ 1 beef bullion cube
- ☐ 1 cup water
- ☐ 1 small onion, chopped

Instructions

1. Combine the ingredients in the bowl of a 4-quart slow cooker and mix to combine.
2. Cook covered on low for 7 to 8 hours.
3. Serve over hot white rice.

Notes

If the gravy is too thin, mix 1 tablespoon of cornstarch with 2 tablespoons of cold broth or water in a small bowl. Stir the mixture into the slow cooker. Cover and increase the heat to high for about 20 minutes or until the sauce has thickened.

Keywords: Beef, Stew, Slow Cooker, Gravy, Rice, Dinner