



## Slow Cooker Beef Stew

**Serving Size:** 1/6 of recipe

**Yield:** 6 servings

### Ingredients:

- 2 pounds stew meat (cut into 1 inch cubes)
- 1/4 cup flour (all purpose)
- salt and pepper to taste
- 2 cups water
- 2 teaspoons beef bouillon (2 cubes)
- 1 garlic clove (finely chopped)
- 3 carrot (sliced)
- 3 potatoes (diced)
- 2 onion (chopped)
- 1 celery stalk (sliced)
- Add herbs as desired: bay leaf, basil, oregano, etc



### Directions:

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Nutrition Facts per serving: Calories, 240; Calories from fat, 50 ; Total fat, 6g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 70mg; Sodium, 290mg; Total Carbohydrate, 22g; Fiber, 2g; Protein, 27g; Vitamin A, 100%; Vitamin C, 30%; Calcium, 4%; Iron, 20%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov>; Montana State University Extension Service



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