

Slow Cooker Easy Beef Stew

Servings: 6

RECIPE BOX

INGREDIENTS

1 LB. BONELESS CHUCK ROAST, CUBED
1 15 OUNCE CAN DICED TOMATOES
1 PACKET ORGANIC ONION DIP OR ONION SOUP POWDER
1-2 CUPS BEEF BROTH
2-3 CARROTS, CHOPPED
1 LB. FINGERLING POTATOES, WASHED



DIRECTIONS:

Step 1: Spray your Slow Cooker with cooking spray (I use EVOO spray).

Step 2: Add all ingredients into the Slow Cooker, starting with cubed chuck roast. Cook on low 4-6 hours.

GF This recipe is gluten free as written.

V Add double the veggies, skip the beef and opt for vegetable broth.

Nutrition per Serving: Calories 210, Total Fat 5.3g, Carbs 17g, Protein 18g, Fiber 3g, Sugars 4g.

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