

# Slow Cooker Beef Stew

Yield 6 servings

## Ingredients

2 pounds	stew meat (cut into 1 inch cubes)
1/4 cup	flour (all purpose)
	salt and pepper (optional, 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

## Instructions

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.

## Cost

Per recipe: \$8.26

Per serving: \$1.38

## Source

Montana State University Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

Nutrition Facts	
Serving Size 1/6 of recipe (287g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 27g	
Vitamin A 100%	• Vitamin C 30%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	