

# Slow Cooker Beef Stew



Serves 6

Ingredients:

- 2 pounds stew beef
- 3 tablespoons olive oil
- 2 cups beef stock
- 1 (14 ounce) can diced tomatoes, drained
- 2 bell peppers, chopped
- 4 ounces mushrooms, quartered
- 2 ribs celery, chopped
- 1 large carrot, chopped

- 1 small onion, chopped
- 4 large cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce
- 2 teaspoons sea salt
- 1-<sup>1</sup>/<sub>2</sub> teaspoons black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano

Instructions:

1. Heat slow cooker on low setting.
2. In a large skillet over medium heat, sear the beef in olive oil, browning on both sides. Transfer to slow cooker.
3. To the slow cooker, add beef stock, tomatoes, bell peppers, mushrooms, celery, carrot, onion, garlic, tomato paste, Worcestershire sauce, sea salt, black pepper, garlic powder, onion powder, and dried oregano.
4. Cover and cook on low 6-8 hours.

Nutrition per serving: Calories 378; Total Fat 23.1 g; Saturated Fat 7.3 g; Monounsaturated Fat 11.8 g; Polyunsaturated Fat 1.5 g; Total Carbohydrate 11.5 g; Dietary Fiber 3.5 g; Sugar Alcohols 0.4 g; Sugar 5.6 g; Protein 31.2 g; Sodium 1337 mg