

Slow Cooker Beef Stew



Serves 6

Ingredients:

- 1 $\frac{1}{2}$ to 2 pounds stewing beef, cut into $\frac{1}{2}$ -inch to 1-inch cubes
- 2 to 3 cups of the following vegetables: turnips (cubed), celery (sliced), mushrooms (sliced)
- 1 (10.5 ounce) can condensed beef broth
- $\frac{1}{4}$ cup red wine*
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper

Adapted from Duke Lifestyle Medicine Clinic

- 1 teaspoon dried thyme
- 1 bay leaf
- 2 cloves garlic, minced
- 1/4 to 1/2 cup heavy cream or sour cream

Instructions:

1. In a slow cooker, combine all ingredients except cream. Cover and cook on low for 9 to 12 hours or on high for 5 to 6 hours.
2. At the end of the cooking time, you may serve as is, or you can make a gravy. To make the gravy, ladle all cooking liquid into a small saucepan. Boil the liquid on medium-high heat until reduced slightly. Turn down heat and add cream to thicken. Add gravy back to the slow cooker and keep warm until ready to serve.

Notes:

*You may substitute additional beef broth, water, or black coffee for the red wine.

**This stew freezes well. After it cools, place in single serving containers or zip top bags prior to freezing.

Nutrition per serving: Calories 362; Total Fat 23.2 g; Saturated Fat 10.8 g; Monounsaturated Fat 8.9 g; Polyunsaturated Fat: 0.9 g; Total Carbohydrates 5.0 g; Dietary Fiber 1.0 g; Sugar Alcohols 0.2 g; Sugars 2.5 g; Protein 30.4 g; Sodium 631 mg