



Classic Slow Cooker Beef Stew

INGREDIENTS (Yield: 6 servings)

- 1-pound lean beef stew meat, cut into ½ inch cubes
- ¼ cup all-purpose flour
- 1 teaspoon dried thyme, divided
- ½ teaspoon dried oregano
- 2 cloves garlic, peeled, minced
- 2 cups onion, cut into 1/2 -inch chunks
- 2 cups peeled whole carrots, cut into bite-size pieces
- 2 cups peeled parsnips, cut into bite-size pieces
- 1/3 cup tomato paste
- 2 cups reduced-sodium beef broth
- ¼ cup red wine
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon ground black pepper

NUTRITION INFORMATION: 230 Calories; 4 grams Fat; 2 grams Saturated Fat; 54 mg Cholesterol; 408 mg Sodium; 25 grams Carbohydrates; 5 grams Fiber; 22 grams Protein

DIRECTIONS

1. Place beef, flour, 1/2 teaspoon thyme, 1/4 teaspoon oregano and garlic in a bowl and toss to coat.
2. Place coated beef in a slow cooker and add onion, carrots, parsnips, tomato paste, beef broth, and red wine. Stir to combine slightly.
3. Cover and cook on low setting for 8 hours or high setting for 4 hours.
4. Once complete turn slow cooker off and add remaining thyme, oregano, Worcestershire sauce, salt and pepper.