

# Slow Cooked Beef Casserole

Paula Macri - Gattuso's Bella Cucina  
Treasure Coast Newspapers

2 pounds lean stew meat, cut into one-inch cubes  
1 package onion soup mix  
1 can cream of mushroom soup  
1 can (4 ounce) mushrooms, drained  
1/2 cup beef broth  
1/2 cup sour cream

In a mixing bowl, mix all of the ingredients except for the sour cream. Stir until it is blended together.

Add the ingredients to the slow cooker.

Cover and cook on LOW heat for eight hours or on HIGH heat for five hours, until the meat is tender.

Add the sour cream when the meat is finished cooking.

Serve hot on top of buttered egg noodles, if desired.

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Per Serving (excluding unknown items): 524 Calories; 35g Fat (59.7% calories from fat); 16g Protein; 38g Carbohydrate; 5g Dietary Fiber; 55mg Cholesterol; 5227mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 7 Fat.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	524	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	59.7%	<b>Vitamin B12 (mcg):</b>	.4mcg
<b>% Calories from Carbohydrates:</b>	28.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	12.1%	<b>Riboflavin B2 (mg):</b>	.6mg
<b>Total Fat (g):</b>	35g	<b>Folacin (mcg):</b>	30mcg
<b>Saturated Fat (g):</b>	18g	<b>Niacin (mg):</b>	4mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	55mg	<b>% Refuse:</b>	0 0%

Carbohydrate (g): 38g  
 Dietary Fiber (g): 5g  
 Protein (g): 16g  
 Sodium (mg): 5227mg  
 Potassium (mg): 746mg  
 Calcium (mg): 245mg  
 Iron (mg): 2mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 4mg  
 Vitamin A (i.u.): 916IU  
 Vitamin A (r.e.): 273 1/2RE

## Food Exchanges

Grain (Starch): 2  
 Lean Meat: 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 1/2  
 Fat: 7  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 524 Calories from Fat: 313

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### % Daily Values\*

<b>Total Fat</b>	35g	55%
Saturated Fat	18g	90%
<b>Cholesterol</b>	55mg	18%
<b>Sodium</b>	5227mg	218%
<b>Total Carbohydrates</b>	38g	13%
Dietary Fiber	5g	19%
<b>Protein</b>	16g	
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<b>Vitamin A</b>		18%
<b>Vitamin C</b>		7%
<b>Calcium</b>		24%
<b>Iron</b>		11%

\* Percent Daily Values are based on a 2000 calorie diet.