

Stephanies Slow Cooker Stew (Slow Cooker)

*Stephanie Rabbitt-Schapp - Cincinnati, OH
Taste of Home Grandma's Favorites*

Servings: 5

Yield: 1 1/2 quarts

*1 pound beef stew meat
2 medium potatoes, peeled
and cubed
1 can (14-1/2 ounce) beef
broth
1 can (11-1/2 ounce) V8
juice
2 ribs celery, chopped
2 medium carrots, chopped
1 medium sweet onion,
chopped
3 bay leaves
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon chili powder
1/4 teaspoon pepper
2 tablespoons cornstarch
1 tablespoon cold water
1/2 cup frozen corn
1/2 cup frozen peas*

Preparation Time: 20 minutes

Slow Cooker: 7 hours 30 minutes

In a three-quart slow cooker, combine the beef, potatoes, broth, V8 juice, celery, carrots, onion, bay leaves, salt, thyme, chili powder and pepper.

Cover and cook on LOW for seven to eight hours or until the meat is tender. Discard the bay leaves.

In a small bowl, combine the cornstarch and water until smooth. Stir into the stew. Add the corn and peas.

Cover and cook on HIGH until thickened, about 30 minutes.

Per Serving (excluding unknown items): 266 Calories; 8g Fat (27.9% calories from fat); 24g Protein; 24g Carbohydrate; 4g Dietary Fiber; 50mg Cholesterol; 570mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fat.