

Beef Stew (Slow Cooker)

Mrs Chester calhoun

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 carrots, cut up
3 potatoes, cut up
2 pounds beef chuck or
stew meat, cut in 1" cubes
1 cup water or beef stock
1 teaspoon Worcestershire
sauce
1 stalk celery with tops, cut
up
1 bay leaf
salt (to taste)
1/2 teaspoon pepper
1 teaspoon paprika
3 onions, quartered
1 clove garlic*

Place all of the ingredients in the slow cooker in the order listed.

Stir just enough to mix the spices.

Cover and cook on LOW for ten to twelve hours
OR High for five to six hours.

Per Serving (excluding unknown items): 526 Calories; 2g Fat (2.6% calories from fat); 14g Protein; 120g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.