

# Slow Cooker Beef Stew

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2 tablespoons flour  
1 tablespoon sugar  
1 teaspoon salt  
1 teaspoon garlic powder  
1/2 teaspoon rosemary  
1/4 teaspoon fine grind black pepper  
1 bag (16 ounces) frozen stew  
vegetables  
1 pound beef stew meat, cut in one-  
inch cubes  
1/4 cup red wine OR water  
1 bay leaf  
1 can (14 ounces) diced tomatoes,  
undrained

In a small bowl, mix the flour, sugar, garlic  
powder, salt, rosemary and pepper.

Place the frozen vegetables in the bottom of a  
slow cooker. Sprinkle with the flour/spice  
mixture. Add the stew meat, wine, bay leaf and  
tomatoes.

Place the lid on the slow cooker. Cook on HIGH  
for four to six hours or on LOW for eight to ten  
hours.

Remove the bay leaf before serving.

Per Serving (excluding unknown  
items): 922 Calories; 40g Fat  
(40.1% calories from fat); 99g  
Protein; 35g Carbohydrate; 3g  
Dietary Fiber; 250mg Cholesterol;  
2417mg Sodium. Exchanges: 1  
Grain(Starch); 14 Lean Meat; 1 1/2  
Vegetable; 0 Fat; 1 Other  
Carbohydrates.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	922
% Calories from Fat:	40.1%
% Calories from Carbohydrates:	15.7%
% Calories from Protein:	44.2%
Total Fat (g):	40g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	250mg
Carbohydrate (g):	35g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	2.0mg
Vitamin B12 (mcg):	14.1mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	63mcg
Niacin (mg):	17mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	1
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**Protein (g):** 99g  
**Sodium (mg):** 2417mg  
**Potassium (mg):** 2532mg  
**Calcium (mg):** 67mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 25mg  
**Vitamin C (mg):** 35mg  
**Vitamin A (i.u.):** 1145IU  
**Vitamin A (r.e.):** 114RE

**Lean Meat:** 14  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 922                      **Calories from Fat:** 369

### % Daily Values\*

<b>Total Fat</b>	40g	61%
Saturated Fat	16g	78%
<b>Cholesterol</b>	250mg	83%
<b>Sodium</b>	2417mg	101%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	3g	11%
<b>Protein</b>	99g	
<b>Vitamin A</b>		23%
<b>Vitamin C</b>		59%
<b>Calcium</b>		7%
<b>Iron</b>		55%

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