

# CLASSIC SLOW COOKER BEEF STEW



## ingredients:

- 1 pound lean beef stew meat, cut into 1/2-inch cubes
- 1/4 cup all-purpose flour
- 1 teaspoon dried thyme, divided
- 1/2 teaspoon dried oregano, divided
- 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
- 1/4 cup red wine
- 1 Tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

## 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 wine. Stir to combine slightly.
3. Cover and cook on low setting for 8 hours or high setting for 4 hours.
4. Turn slow cooker off and add remaining thyme, oregano, Worcestershire sauce, salt and pepper.

Yield: 6 servings  
(about 1 cup each)

## Nutrition Information Per Serving:

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

Food exchanges:  
1 starch, 2 vegetable,  
2 lean protein



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