



Slow Cooker Beef Round Stew

 Dairy Free

READY IN



295 min.

SERVINGS



10

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef broth divided
- ☐ 2 pounds beef round steak cubed
- ☐ 1.7 ounce brown gravy mix dry
- ☐ 1 cup carrots chopped
- ☐ 1 cup flour all-purpose
- ☐ 8 ounces mushrooms fresh chopped
- ☐ 0.3 cup regular corn frozen
- ☐ 0.3 cup cut green beans frozen

- ☐ 10 servings ground pepper black to taste
- ☐ 0.3 cup lima beans *soaked overnight frozen
- ☐ 1 large onion chopped
- ☐ 0.3 cup peas frozen
- ☐ 1 large potatoes cubed
- ☐ 10 servings salt to taste

Equipment

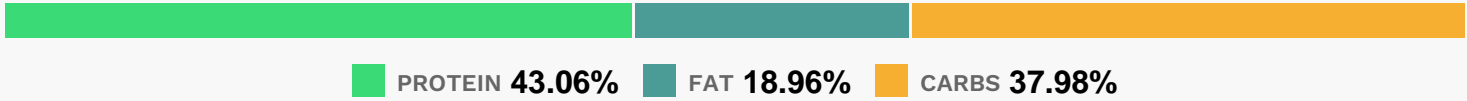
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place the flour in a shallow bowl, and mix with salt and black pepper.
- ☐ Sprinkle beef with more salt and black pepper. Press the beef cubes into the seasoned flour, and tap off the excess flour.
- ☐ Heat the vegetable oil in a large skillet over medium heat, and cook the beef cubes until browned on all sides, working in batches.
- ☐ Place the browned beef into a slow cooker.
- ☐ Place the mushrooms, onion, and carrot in the skillet with the last batch of meat; place in the slow cooker.
- ☐ Pour about 1 cup of beef broth into the skillet, and stir to dissolve any brown bits left in the bottom of the skillet.
- ☐ Pour into the slow cooker.
- ☐ In a saucepan over medium heat, whisk the remaining beef broth with the dry gravy mix until smooth. Bring the gravy to a boil, reduce heat to medium low, and simmer until thickened, about 2 minutes. Stir the gravy into the stew.

- ☐ Mix in the potato, frozen peas, corn, lima beans, and green beans. If you prefer a thicker gravy, mix in the cream of mushroom soup.
- ☐ Place the lid on the cooker, set to low heat, and cook until the beef is very tender, about 4 hours. You can cook the stew up to 8 hours if necessary.

Nutrition Facts



Properties

Glycemic Index:41.84, Glycemic Load:12.91, Inflammation Score:-9, Nutrition Score:19.557826018852%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 239.44kcal (11.97%), Fat: 4.98g (7.67%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 19.71g (7.17%), Sugar: 2.61g (2.9%), Cholesterol: 57.15mg (19.05%), Sodium: 643.89mg (28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 33.49µg (47.85%), Vitamin B3: 9.28mg (46.42%), Vitamin A: 2186.82IU (43.74%), Vitamin B6: 0.81mg (40.63%), Vitamin B12: 1.79µg (29.85%), Zinc: 4.39mg (29.25%), Phosphorus: 290.67mg (29.07%), Vitamin B2: 0.36mg (21.08%), Potassium: 726.89mg (20.77%), Iron: 3.37mg (18.73%), Vitamin B1: 0.27mg (18.22%), Folate: 60.46µg (15.12%), Vitamin C: 11.69mg (14.17%), Manganese: 0.28mg (13.86%), Copper: 0.26mg (12.81%), Vitamin B5: 1.23mg (12.32%), Magnesium: 46.31mg (11.58%), Fiber: 2.74g (10.96%), Vitamin K: 5.92µg (5.63%), Calcium: 42.01mg (4.2%), Vitamin E: 0.4mg (2.66%)