

delicious  
slow cooker  
**Beef Stew**  
recipe



HEALTH SCORE

100%

## Slow Cooker Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz beef broth canned
- 2 large carrots chopped
- 2 stalks celery chopped
- 26 oz cream of mushroom soup canned
- 3 spring onion chopped
- 10 baby potatoes red ()
- 1 small onion chopped
- 0.5 cup penzey's southwest seasoning

2 pounds stew meat

2 cups water

## Equipment

slow cooker

## Directions

To get started, heat your slow cooker to low.

Pour in the cream of mushroom soup, Dale's seasoning, water, and beef broth and stir until mixed well.

Add in your stew meat, potatoes, onions, carrots, celery, and green onions. Stir well until covered and cook on low for 8 hours. You can add salt and pepper as desired, but the flavors and the Dale's marry together so well that you probably won't need them.

## Nutrition Facts

  
**PROTEIN 39.88%** **FAT 23.59%** **CARBS 36.53%**

## Properties

Glycemic Index:37.76, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:45.433913043478%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Taste

Sweetness: 23.65%, Saltiness: 100%, Sourness: 22.18%, Bitterness: 23.89%, Savoriness: 42.14%, Fattiness: 54.96%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 433.82kcal (21.69%), Fat: 11.63g (17.89%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 28.62g (10.41%), Sugar: 3.49g (3.87%), Cholesterol: 99.88mg (33.29%), Sodium: 1253.65mg (54.51%), Protein: 44.24g (88.48%), Vitamin K: 145.7µg (138.76%), Vitamin A: 4466.59IU (89.33%), Manganese:

1.6mg (79.79%), Vitamin B6: 1.59mg (79.26%), Vitamin B3: 14.08mg (70.39%), Iron: 12.29mg (68.26%), Selenium: 43.7µg (62.43%), Zinc: 8.57mg (57.12%), Vitamin B12: 3.04µg (50.69%), Fiber: 11.92g (47.67%), Phosphorus: 469.19mg (46.92%), Potassium: 1493.78mg (42.68%), Calcium: 386.43mg (38.64%), Copper: 0.66mg (32.85%), Magnesium: 128.46mg (32.11%), Vitamin B2: 0.49mg (29.03%), Vitamin E: 4.29mg (28.62%), Vitamin C: 22.66mg (27.47%), Folate: 106.7µg (26.68%), Vitamin B1: 0.3mg (20.23%), Vitamin B5: 1.48mg (14.81%)