



Slow Cooker Beef Stew Al la Catherine

READY IN



500 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby carrots
- ☐ 3 bay leaves
- ☐ 1.5 pounds beef stew meat cubed
- ☐ 2 tablespoons butter
- ☐ 1 ounce onion soup mix dry lipton® such as
- ☐ 0.5 teaspoon lemon pepper seasoning
- ☐ 1 large onion cut into 1-inch cubes
- ☐ 1.5 cups potatoes diced
- ☐ 1 tablespoon steak sauce such as A1®

- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 10.8 ounce water canned

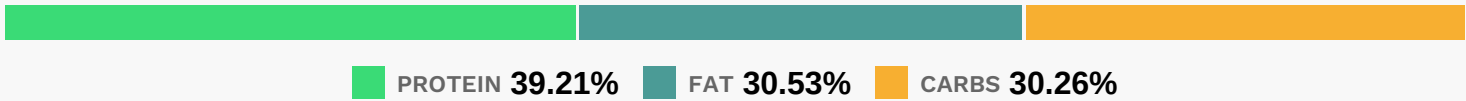
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place beef stew meat and butter into the bottom of a slow cooker. Put onion, baby carrots, potatoes, and bay leaves atop the beef.
- ☐ Stir tomato soup, water, steak sauce, and onion soup mix together in bowl; pour over the beef and vegetables in the slow cooker.
- ☐ Sprinkle lemon pepper seasoning over the mixture.
- ☐ Cook on Low 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:23.797391435374%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 286.89kcal (14.34%), Fat: 9.7g (14.92%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 17.74g (6.45%), Sugar: 5.7g (6.33%), Cholesterol: 80.34mg (26.78%), Sodium: 612.96mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.03%), Vitamin A: 4652.26IU (93.05%), Vitamin B6: 1.07mg (53.34%), Selenium: 32.6µg (46.57%), Vitamin B3: 9.14mg (45.7%), Vitamin B12: 2.11µg (35.1%), Zinc: 5.18mg (34.52%), Phosphorus: 318.43mg (31.84%), Potassium: 914.34mg (26.12%), Vitamin C: 18.05mg (21.88%), Iron: 3.88mg (21.53%), Copper: 0.33mg (16.72%), Manganese: 0.33mg (16.54%), Fiber: 3.88g (15.51%), Vitamin B2: 0.26mg (15.25%), Magnesium: 59.36mg (14.84%), Vitamin B1: 0.22mg (14.74%), Folate: 43.59µg (10.9%), Vitamin B5: 1mg (9.98%), Vitamin K: 8.88µg (8.46%), Vitamin E: 1.13mg (7.54%), Calcium: 72.14mg (7.21%)