



## Slow Cooker Ground Beef Stew

 Gluten Free  Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots diced
- 1 teaspoon celery flakes dried
- 10.8 ounce cream of mushroom soup canned
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 pound ground beef lean

- 4.5 ounce mushroom pieces and stems drained canned
- 1 small onion chopped
- 1 cup peas green frozen thawed
- 4 potatoes diced peeled
- 1 teaspoon salt
- 0.5 cup tomato-vegetable juice cocktail
- 1 cup vegetable broth
- 8 ounce kernel corn whole drained canned
- 2 teaspoons worcestershire sauce

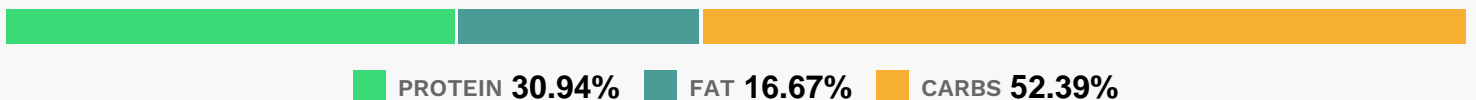
## Equipment

- frying pan
- slow cooker

## Directions

- Cook and stir ground beef in a skillet over medium heat with onion and garlic until the meat is completely browned, about 10 minutes.
- Drain excess grease.
- Stir cream of mushroom soup, vegetable broth, vegetable juice cocktail, sherry, and Worcestershire sauce together in a slow cooker.
- Add beef mixture; stir in potatoes, corn, peas, carrots, mushroom pieces, celery flakes, salt, black pepper, marjoram, and thyme. Set cooker to Low, cover, and cook until vegetables are tender and sauce has thickened, about 8 hours. If preferred, set cooker on High and cook 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:62.04, Glycemic Load:20.75, Inflammation Score:-10, Nutrition Score:25.583913432515%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

## **Nutrients (% of daily need)**

Calories: 318.69kcal (15.93%), Fat: 5.93g (9.12%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 36.13g (13.14%), Sugar: 5.68g (6.31%), Cholesterol: 49.41mg (16.47%), Sodium: 1070.37mg (46.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.51%), Vitamin A: 3933.19IU (78.66%), Vitamin C: 45.19mg (54.78%), Vitamin B6: 0.88mg (43.9%), Vitamin B3: 8.06mg (40.31%), Zinc: 5.46mg (36.4%), Potassium: 1249.33mg (35.7%), Phosphorus: 322.99mg (32.3%), Manganese: 0.61mg (30.66%), Vitamin B12: 1.78µg (29.72%), Copper: 0.47mg (23.6%), Iron: 4.24mg (23.54%), Selenium: 16.3µg (23.29%), Fiber: 5.79g (23.18%), Vitamin B2: 0.35mg (20.41%), Magnesium: 73.9mg (18.47%), Vitamin B1: 0.28mg (18.33%), Folate: 71.15µg (17.79%), Vitamin B5: 1.48mg (14.77%), Vitamin K: 14.13µg (13.46%), Calcium: 51.83mg (5.18%), Vitamin E: 0.48mg (3.19%)