



Slow-Cooker Old-Fashioned Beef Stew



Gluten Free



Dairy Free



Popular

READY IN



560 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 lb stew meat cut into bite-size pieces if needed
- ☐ 4 medium carrots cut into 1/2-inch slices (2 cups)
- ☐ 3 medium potatoes – remove skin red peeled cut into 1/2-inch cubes (3 cups)
- ☐ 1 large onion cut into 1-inch pieces (1 1/2 cups)
- ☐ 1 medium stalk celery cut into 1-inch pieces (1 cup)
- ☐ 3 cups vegetable juice
- ☐ 3 tablespoons cooking tapioca

- ☐ 1 tablespoon beef bouillon granules
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.3 teaspoon pepper

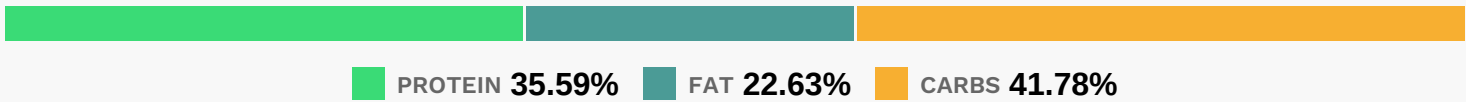
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet or Dutch oven, heat oil over medium-high heat.
- ☐ Add beef; cook 4 to 6 minutes, stirring frequently, until browned on all sides.
- ☐ Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix browned beef and remaining ingredients.
- ☐ Cover; cook on Low heat setting 9 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:26.440434580264%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 330.34kcal (16.52%), Fat: 8.21g (12.63%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 29.64g (10.78%), Sugar: 8.75g (9.73%), Cholesterol: 70.34mg (23.45%), Sodium: 552.41mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.11%), Vitamin A: 7829.54IU (156.59%), Vitamin C: 49.69mg (60.23%), Vitamin B6: 1.01mg (50.73%), Vitamin B3: 9.38mg (46.89%), Selenium: 32.38µg

(46.26%), Potassium: 1309.22mg (37.41%), Vitamin B12: 2.11µg (35.1%), Zinc: 5.22mg (34.83%), Phosphorus: 335.06mg (33.51%), Iron: 3.8mg (21.1%), Fiber: 4.47g (17.88%), Vitamin B1: 0.23mg (15.64%), Vitamin K: 16.2µg (15.42%), Vitamin B2: 0.25mg (14.9%), Magnesium: 59.58mg (14.89%), Copper: 0.29mg (14.47%), Manganese: 0.28mg (13.86%), Folate: 49.23µg (12.31%), Vitamin B5: 0.95mg (9.53%), Calcium: 76.4mg (7.64%), Vitamin E: 0.83mg (5.53%)