

CrockPot Beef Stew

Yield: 6 min
Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-stew-peas-slow-cooker-recipe>

Ingredients:

- 2 pounds beef chuck or stewing beef
- 3 tablespoons flour
- 1/2 teaspoon garlic powder
- 3 tablespoons olive oil
- 1 onion chopped
- 1 cup vegetable juice such as V8
- 4 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon thyme or 2 sprigs fresh
- 1 teaspoon dried rosemary or 1 sprig fresh
- 3 cups potatoes peeled and cubed
- 2 cups carrots cut into 1 inch pieces
- 1 cup celery stalks cut into 1 inch pieces
- 3/4 cup peas
- 2 tablespoons cornstarch
- 2 tablespoons water

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 100 milligrams
4. Fat: 34 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 12 grams
8. Sodium: 800 milligrams
9. Sugar: 6 grams

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