

# Slow Cooker Thick & Chunky Beef Stew

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound beef lean chuck, cut into cubes
- 1/4 cup flour
- 2 tablespoons extra-virgin olive oil
- 2 stalks celery cut into slices
- 3 large carrots sliced into thick rounds
- 1/2 cup snap peas shelled
- 2 medium potatoes any variety, peeled and cut into bite-sized pieces
- 1/2 cup red bell pepper diced
- 1 yellow onion medium, chopped
- 2 cloves garlic minced
- 1 bay leaf
- 2 teaspoons dried thyme or 1 tablespoon fresh thyme leaves
- 1 teaspoon sea salt or kosher
- 3/4 teaspoon black pepper divided
- 2 1/2 cups low sodium beef broth
- 1/2 cup beef broth optional red wine
- 1/4 cup parsley chopped flat, optional for garnish
- 2 tablespoons tomato paste optional, but helps to thicken up the stew

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 75 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 29 grams
7. SaturatedFat: 8 grams

8. Sodium: 1240 milligrams
  9. Sugar: 8 grams
  10. TransFat: 1 grams
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