

# Slow Cooker Beef Stew

Yield: 7 min

Total Time: 535 min

Recipe from: <https://www.recipeschoose.com/recipes/crockpot-beef-stew-recipes>

## Ingredients:

- 2 1/2 pounds chuck roast trimmed of excess fat and diced into 1-1/2 inch cubes, you should have about 2 lbs once trimmed
- 2 1/2 tablespoons olive oil
- salt
- freshly ground black pepper
- 1 yellow onion large, chopped, 1 1/2 cups
- 3 celery stalks medium, chopped, 1 1/4 cups
- 4 cloves garlic minced, 1 1/2 Tbsp
- 1/4 cup tomato paste
- 3 cups low sodium beef broth or chicken broth, divided
- 1 tablespoon worcestershire sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon fresh thyme minced, or 1 tsp dried
- 1 sprig rosemary 7-inch, or 3/4 tsp dried
- 1 1/2 pounds yellow potatoes diced into 1 1/2-inch chunks
- 1 pound carrots peeled and cut into 1-inch chunks, don't use thin carrots
- 1 1/2 tablespoons cornstarch depending on how thick you like it
- 1 1/2 cups petite peas frozen
- 1/4 cup fresh parsley minced

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 105 milligrams
4. Fat: 34 grams
5. Fiber: 7 grams
6. Protein: 38 grams
7. SaturatedFat: 12 grams
8. Sodium: 700 milligrams

9. Sugar: 8 grams

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