

Slow cooker Jamaican Beef Stew

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 pounds stew beef cut in small chunks
- 1/4 cup canola oil
- 2 bay leaves
- 1 teaspoon all spice
- 2 teaspoons minced ginger
- 1 tablespoon minced garlic
- 1 medium onion diced
- 1 bell pepper small
- 2 tablespoons tomato paste
- 1 tablespoon fresh thyme
- 1 teaspoon hot sauce
- 1 teaspoon smoked paprika
- 2 cups broth /water or more
- 3 green onions diced
- 3 pounds potatoes cut in large chunks
- 3 large carrots cut in large chunks
- 3 tablespoons parsley optional
- 1 teaspoon chicken Bouillon powder Beef, or vegetable adjust to taste, optional
- salt
- pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 70 grams
3. Fat: 15 grams
4. Fiber: 12 grams
5. Protein: 12 grams

6. SaturatedFat: 1 grams
 7. Sodium: 750 milligrams
 8. Sugar: 9 grams
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