

Slow Cooker Mexican Beef Stew

Yield: 4 min
Total Time: 490 min

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

Ingredients:

- 2 pounds beef stew meat
- 1 pound yukon gold potatoes cut into 1" cubes
- 16 ounces frozen corn
- 12 ounces pearl onions frozen
- 4 garlic cloves minced
- 2 teaspoons oregano
- 2 teaspoons cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 4 cups beef stock
- 28 ounces fire roasted tomatoes crushed
- sour cream optional
- pico de gallo optional
- jalapeños optional
- tortilla chips optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 13 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 1390 milligrams
9. Sugar: 12 grams

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