

Crock Pot Beef Stew

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 medium yellow onion finely chopped
- 2 large carrots peeled and chopped
- 5 gold potatoes medium, peeled and chopped into large chunks
- 4 cloves garlic minced
- 3 pounds beef stew meat
- 2 teaspoons Italian seasoning
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 pinch cayenne pepper
- 1 teaspoon sea salt to taste
- 4 cups beef broth
- 1/2 cup red wine full bodied, such as Malbec or Cabernet Sauvignon
- 1 cup frozen peas or canned
- 1/3 cup gluten free all purpose flour

Nutrition:

1. Calories: 1250 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 250 milligrams
4. Fat: 82 grams
5. Fiber: 12 grams
6. Protein: 71 grams
7. SaturatedFat: 34 grams
8. Sodium: 1660 milligrams
9. Sugar: 5 grams

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