

# Classic Crockpot Beef Stew

Gwen  
[www.SlowCookerKitchen.com](http://www.SlowCookerKitchen.com)

## Servings: 8

*1 1/2 pounds beef bottom or chuck roast (or 1-1/2 pounds beef stew meat), cut into one-inch pieces*  
*2 to 3 tablespoons Montreal steak seasoning*  
*2 to 3 teaspoons garlic powder*  
*flour*  
*2 to 3 tablespoons butter*  
*4 to 6 medium potatoes, washed and diced into chunks*  
*1 medium to large onion*  
*3 medium carrots, peeled and diced into chunks*  
*2 1/2 to 3 cups beef stock or broth*  
*2 to 4 cloves garlic, minced*  
*3 tablespoons Worcestershire sauce*  
*1/4 cup cold water*  
*2 to 3 tablespoons flour or cornstarch*

## Preparation Time: 15 minutes

### Slow Cooker: 10 hours

Season the beef with the garlic powder and steak seasoning. Dredge the beef in flour.

In a skillet with the butter over medium heat, brown the meat for 3 to 5 minutes per side.

Place the meat and scrapings from the skillet into the crockpot. Add the potatoes, onion, carrots, beef broth, garlic and Worcestershire sauce.

Cover and cook on LOW for six to ten hours or HIGH for at least four hours.

(THIRTY TO FORTY MINUTES BEFORE SERVING). Turn the slow cooker to HIGH. In a bowl, mix the flour with the cold water. Stir well until no lumps remain. Add the flour/water mixture to the crockpot slowly, while stirring. Cover and cook an additional 30 to 45 minutes until the sauce thickens to your desired consistency.

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Per Serving (excluding unknown items): 281 Calories; 23g Fat (72.1% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 304mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

**Per Serving Nutritional Analysis**

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% Calories from Fat:	72.1%
% Calories from Carbohydrates:	24.5%
% Calories from Protein:	3.4%
Total Fat (g):	23g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	18g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	304mg
Potassium (mg):	519mg
Calcium (mg):	30mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	26mg
Vitamin A (i.u.):	8468IU
Vitamin A (r.e.):	976RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 281 Calories from Fat: 203

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#### % Daily Values\*

<b>Total Fat</b> 23g	36%
Saturated Fat 14g	72%
<b>Cholesterol</b> 62mg	21%
<b>Sodium</b> 304mg	13%
<b>Total Carbohydrates</b> 18g	6%
Dietary Fiber 2g	8%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	169%
<b>Vitamin C</b>	44%
<b>Calcium</b>	3%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.