

Crock Pot Beef and Noodles

Gwen
www.SlowCookerKitchen.com

Servings: 8

2 pounds beef roast or beef tips
2 cans cream of mushroom (or other cream soup)
1 packet Au Jus gravy mix
1 package (12-16 ounce) frozen egg noodles
1 packet beefy onion soup mix
1 tablespoon Browning & Seasoning sauce (Kitchen Bouquet) (optional)
1 large can sliced mushrooms (optional)

Preparation Time: 7 minutes

Spray the slow cooker insert with nonstick spray (Do Not Skip This Step).

Dice the meat and place in bottom of slow cooker.

In a bowl, mix the canned soups, soup mix, gravy mix and four cups of water. Pour over the beef tips.

Cover and cook on LOW for six to eight hours.

(Thirty Minutes Before Serving): Turn the crockpot to HIGH. Add the seasoning sauce, mushrooms and noodles (Stir and squish down the noodles to be under the liquid.) Cover and cook on HIGH for 30 to 90 minutes more.

Start to Finish Time: 8 hours

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg

Saturated Fat (g): 0g
Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): 0g
Cholesterol (mg): 0mg
Carbohydrate (g): 0g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Niacin (mg): 0mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	
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Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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