

# Crockpot Ranch Beef Stew

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

## Servings: 8

*2 pounds beef stew meat*  
*1/3 cup flour*  
*1 - 2 tablespoons oil*  
*4 medium potatoes, washed, peeled and cubed*  
*3 cups carrots, diced*  
*1 cup celery (optional), diced*  
*2 teaspoons garlic, minced*  
*1 can tomatoes, diced*  
*3 cups beef broth*  
*2 tablespoons ranch seasoning*

## Preparation Time: 10 minutes

### Slow Cooker Time: 7 hours

Place the meat and flour in a ziplock bag. Shake well to coat.

In a skillet over medium-high heat, heat the oil. Add the coated meat and the garlic. Brown on all sides.

Prep the potatoes, carrots and celery. Place them in the bottom of the slow cooker.

In a bowl, mix one cup of the broth with the leftover flour. Pour it over the meat in the skillet. Cook for 5 minutes to thicken. Stir occasionally.

Once the meat mixture has thickened, place the meat in the crockpot and pour the liquid over the top.

Add the tomatoes, remaining broth and ranch seasoning. Stir well.

Cover and cook on LOW for six to eight hours.

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Per Serving (excluding unknown items): 336 Calories; 13g Fat (36.6% calories from fat); 30g Protein; 22g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 569mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat.