

# **Savory Beef Stew**

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**Servings: 8**

**Preparation Time: 20 minutes**

**Start to Finish Time: 8 hours 20 minutes**

**3 pounds boneless beef chuck, trimmed and cut into 1 1/2-inch pieces**

**3 tablespoons flour**

**1 teaspoon salt**

**1/2 teaspoon pepper**

**3 tablespoons canola oil**

**3 cups beef broth**

**2 onions, halved and sliced thin**

**2 cloves garlic, crushed**

**3 carrots, sliced**

**3/4 teaspoon dried thyme**

**1 package (16 oz) egg noodles, cooked**

**1/4 cup parsley, chopped**

In a large bowl, combine the beef, flour, salt and pepper.

In a large skillet over medium heat, saute' the beef in oil, working in batches, until well browned. Remove to a plate.

Pour the broth into the same skillet and bring to a boil, stirring. Remove from the heat.

In a large slow cooker, combine the onions, garlic, carrots, beef, broth and thyme.

Cover and cook for 8 hours on LOW.

Skim off any fat from the liquid in the slow cooker.

Serve the stew over the noodles, topped with the parsley.

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Per Serving (excluding unknown items): 121 Calories; 5g Fat (40.1% calories from fat); 6g Protein; 13g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 759mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.