

Slow Cooker Smoky Beef Stew

www.BestMealsAtHome.com

Servings: 4

*1 1/2 pounds boneless beef chuck
roast, cut into bite-size pieces
1 envelope onion soup mix
1 can (10-3/4 ounce) cream of
mushroom soup
1 can (14.5 ounce) diced tomatoes
6 new potatoes, halved
1 tablespoon Worcestershire sauce
1/2 teaspoon smoked paprika
1 can (15 ounce) baby whole carrots*

Preparation Time: 5 minutes

Slow Cooker Time: 6 hours

In a bowl, combine the onion soup mix, mushroom soup, tomatoes, potatoes, Worcestershire and paprika. Stir well. Place in the slow cooker.

Add the roast. Stir.

Cook on LOW for six to seven hours or on HIGH for four to five hours or until the beef is fork tender.

Add the carrots. Let sit for 2 minutes.

Serve.

Per Serving (excluding unknown items): 218 Calories; 3g Fat (12.6% calories from fat); 6g Protein; 43g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 1183mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.