

St Patrick's Day Slow Cooked Irish Stew

Paula Macri - Gattuso's Bella Cucina
Scripps Newspapers

1 pound lean stew beef, cut in bite-size pieces
1 medium sweet onion, chopped
4 medium potatoes, cut in chunks
12 baby carrots, cut in half
1 can (28 ounce) crushed tomatoes
1 can (15 ounce) diced tomatoes
flour
onion powder
garlic powder
salt
pepper
extra-virgin olive oil

Spray the inside of a crock pot with cooking spray.

In a bowl, add the flour, onion powder, garlic powder, salt and pepper. Dredge the stew meat in the seasoned flour mixture (use the amount of seasoning to your taste).

In a large skillet, brown the stew meat in the olive oil. Drain any excess fat.

Place the onion, carrots and potatoes into the crock pot. Top with the browned stew meat. Pour the diced tomatoes over the meat. Then pour the crushed tomatoes over the top tomatoes

Cook on HIGH for two hours. Stir together to blend all of the flavors.

Cook on LOW for about six hours or until the vegetables are tender.

Per Serving (excluding unknown items): 530 Calories; 2g Fat (3.3% calories from fat); 15g Protein; 120g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 171mg Sodium. Exchanges: 6 Grain(Starch); 6 Vegetable.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	530	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	3.3%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 86.1%
% Calories from Protein: 10.7%
Total Fat (g): 2g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 120g
Dietary Fiber (g): 15g
Protein (g): 15g
Sodium (mg): 171mg
Potassium (mg): 3736mg
Calcium (mg): 113mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 153mg
Vitamin A (i.u.): 19560IU
Vitamin A (r.e.): 1955 1/2RE

Thiamin B1 (mg): .6mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 158mcg
Niacin (mg): 10mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 6
Lean Meat: 0
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 530 Calories from Fat: 17

% Daily Values*

Total Fat	2g		3%
Saturated Fat	trace		1%
Cholesterol	0mg		0%
Sodium	171mg		7%
Total Carbohydrates	120g		40%
Dietary Fiber	15g		60%
Protein	15g		
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Vitamin A			391%
Vitamin C			255%
Calcium			11%
Iron			35%

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