

Beef, Slow Cooker

Apple Cider Beef Stew

Taste of Home One-Dish Meals

Servings: 12

4 cups (about 24 oz) frozen vegetables for stew, thawed
1 can (8 oz) sliced water chestnuts, drained
1 jar (4 1/2 oz) sliced mushrooms, drained
1 tablespoon onion, minced
2 envelopes brown gravy mix
2 tablespoons onion soup mix
2 teaspoons steak seasoning
1/8 teaspoon ground cinnamon
2 pounds beef stew meat, cut into 1-inch cubes
1 can (14 1/2 oz) beef broth
1 1/4 cups apple cider or unsweetened apple juice
1 can (8 oz) tomato sauce
1 bay leaf
3 tablespoons cornstarch
1/3 cup cold water

Place the vegetables, water chestnuts, mushrooms and onion in a 5-quart slow cooker.

In a large resealable plastic bag, combine the gravy mix, soup mix, steak seasoning and cinnamon; add beef, a few pieces at a time, and shake to coat. add to slow cooker.

Combine the broth, cider and tomato sauce; pour over beef. add bay leaf. cover and cook on LOW for 6-7 hours or until meat is tender.

Combine cornstarch and water until smooth; stir into stew. Cover and cook on HIGH for 15 minutes or until thickened. Discard bay leaf.

Per Serving (excluding unknown items): 151 Calories; 7g Fat (41.2% calories from fat); 17g Protein; 5g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 390mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.