

Caramelized Onion Beef Stew

Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370

Servings: 6

2 tablespoons butter
4 cups (about 1-1/2) sweet onions,
halved and thinly sliced
2 teaspoons sugar
2 teaspoons fresh thyme leaves,
chopped
1 1/2 pounds beef stew meat
1 cup beef-flavored broth
1 package (0.87 ounce) onion gravy
mix
2 cups carrots, cut in one-inch
diagonal slices
1 cup parsnips, cut in one-inch
diagonal slices
1/2 cup frozen sweet peas, thawed
additional chopped fresh thyme leaves
(if desired)

Preparation Time: 50 minutes

In a ten-inch skillet, melt the butter over medium-low heat. Cook the onions and sugar in the butter for 30 to 35 minutes, stirring frequently, until the onions are deep golden brown and caramelized. Stir in two teaspoons of the thyme and the beef.

Spray a four- to five-quart slow cooker with cooking spray. Add the beef mixture.

In a small bowl, mix the broth and gravy mix. Pour over the beef mixture. Top with the carrots and the parsnips.

Cover and cook on LOW heat setting for eight to nine hours or until the beef and vegetables are tender. Stir the peas into the stew.

Cover and cook for 10 to 15 minutes longer or until hot. Sprinkle individual servings with thyme.

Start to Finish Time: 9 hours

Per Serving (excluding unknown items): 278 Calories; 14g Fat (45.4% calories from fat); 25g Protein; 12g Carbohydrate; 3g Dietary Fiber; 73mg Cholesterol; 123mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	278	Vitamin B6 (mg):	.6mg
% Calories from Fat:	45.4%	Vitamin B12 (mcg):	3.5mcg

% Calories from Carbohydrates: 17.7%
 % Calories from Protein: 36.9%
 Total Fat (g): 14g
 Saturated Fat (g): 6g
 Monounsaturated Fat (g): 5g
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 73mg
 Carbohydrate (g): 12g
 Dietary Fiber (g): 3g
 Protein (g): 25g
 Sodium (mg): 123mg
 Potassium (mg): 776mg
 Calcium (mg): 36mg
 Iron (mg): 2mg
 Zinc (mg): 6mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 12212IU
 Vitamin A (r.e.): 1242RE

Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 28mcg
 Niacin (mg): 4mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 3 1/2
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 278 Calories from Fat: 126

% Daily Values*

Total Fat 14g 21%
 Saturated Fat 6g 31%
 Cholesterol 73mg 24%
 Sodium 123mg 5%
 Total Carbohydrates 12g 4%
 Dietary Fiber 3g 11%
 Protein 25g

Vitamin A 244%
 Vitamin C 15%
 Calcium 4%
 Iron 14%

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