
Crock Pot Beef Stew

Barb McSweeney

Nettles Island Cooking in Paradise - 2014

1 one-pound package stewing beef, cut up

1 to 2 large carrots

1 stalk celery, cut to bite-size pieces

1 jar (16 ounce) spaghetti sauce

salt (to taste)

pepper (to taste)

1 large potato, cut up

8 ounces water (optional)

8 ounces dry red wine (optional)

In a bowl, mix the beef, carrots, celery, spaghetti sauce, salt, pepper and potato. Place in a crockpot.

Optionally, fill the spaghetti jar one-half full of water and the remaining one-half with dry red wine. Pour the liquid over the contents in the crockpot.

Cook on LOW all day or overnight.

Soups, Chili, Stew

Per Serving (excluding unknown items): 405 Calories; 12g Fat (25.9% calories from fat); 8g Protein; 70g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1302mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 1/2 Vegetable; 2 1/2 Fat.