
Snowstorm Beef Stew (Slow Cooker)

Lora Burek - Irwin, PA

Gooseberry Patch Slow Cookers, Casseroles & Skillets - 2010

2 pounds stew beef, cubed

1 can (18-1/2 ounce) French onion soup

1 container sour cream onion dip

2 cans (13-1/4 ounce) mixed vegetables, drained

1 package (7 ounce) uncooked elbow macaroni, divided

Place the beef into a slow cooker. Pour the soup over the top. Cover and cook on HIGH for three hours.

Stir in the dip. Cover and cook for an additional two hours, stirring occasionally.

Add the vegetables and one cup of the uncooked macaroni, reserving the rest for another recipe.

Cover and cook on HIGH for one additional hour or until the macaroni is tender.

Yield: 4 to 6 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 176 Calories; 1g Fat (6.2% calories from fat); 7g Protein; 35g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 1098mg Sodium. Exchanges: 7 Vegetable.