

# Recipe: Slow cooker harvest beef stew



Use the mindful eating techniques to enjoy every bite!

## INGREDIENTS

- 1 pound bottom round beef roast (cut into 1-inch cubes)
- 1 large russet potato, cut into 1/2-inch dice (about 2 cups)
- 1/4 cup all-purpose flour
- 1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)
- 2 cups thinly sliced carrots
- 10-ounce package frozen pearl onions
- 14.5-ounce can no-salt-added diced tomatoes
- 14.5-ounce can fat-free, low-sodium beef broth
- 1 cup water
- 3/4 teaspoon dried thyme
- 1/2 teaspoon ground pepper
- 10-ounces frozen peas
- 2 tablespoons dried parsley

## DIRECTIONS

1. Add the beef, russet potato, and flour to a 4- to 6-quart slow cooker, stirring well to combine.
2. Add the sweet potato and carrots to the slow cooker. Top with the onions, tomatoes, broth, water, thyme and pepper.
3. Cook, covered, for 10 to 12 hours on low heat or 5 to 6 hours on high heat. Just before serving, quickly stir in the peas and parsley. Re-cover. Cook for 5 to 10 minutes.

**Note:** You can use other lean cuts of beef like bottom eye roast, lean stew meat or top round.

Nutrition Facts: 6 servings. Calories 311; Total fat 4 g; Saturated fat 2 g; Sodium 211 mg; Total fiber 7 g; Protein 24 g; Carbohydrates 42 g.

Source: American Heart Association