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## Slow and Easy Beef Stew

*What could be more delicious than a good basic beef stew. When you make it in the slow cooker - dinner is ready when you are. Stews always taste better next day, so any leftovers will make a perfect lunch.*

Recipe courtesy of Canadian Beef - [www.makeitbeef.ca](http://www.makeitbeef.ca)

**Makes 8 servings**

**Prep:** 20 min. **Cook:** 8 hr.

### What you need:

3 cups (750 mL)	1" (2.5 cm) potato cubes or mini potatoes, halved
2 cups (500 mL)	each, baby carrots and sliced celery
1	small onion, cut into wedges
2	bay leaves
1 ½ lb (0.68 kg)	Beef Simmering Steak (Blade or Cross Rib), cut into 1-inch (2.5 cm) cubes
¼ cup (50 mL)	all-purpose flour
½ tsp (2 mL)	salt
¼ tsp (1 mL)	ground black pepper
1 tbsp (15 mL)	vegetable or canola oil
2 cups (500 mL)	sodium reduced beef broth
1 ½ tsp (7 mL)	Worcestershire sauce
1 tbsp (15 mL)	chopped fresh thyme leaves
2	cloves garlic, minced



### How you prepare:

1. **Combine** vegetables in 4 1/2 qt (4.3 L) slow cooker. Add bay leaves.
2. **Combine** flour, salt and pepper large bowl. Pat beef cubes dry and toss with seasoned flour to coat lightly, shaking off any excess flour.
3. **Brown** beef cubes well on all sides in batches, in heated oil over medium-high heat in large skillet. Place beef on top of vegetables in slow cooker.
4. **Add** broth to skillet, stirring up any browned bits from bottom of pan. Stir in Worcestershire sauce, thyme and garlic to skillet; pour over beef and vegetables in slow cooker.
5. **Cook** covered, on LOW for 8 hours\* or until the beef is fork-tender. Discard bay leaves before serving.

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**Per serving:**

Calories: 220  
Carbohydrates: 18 g  
Protein: 19 g  
Fat: 7 g  
Dietary Fibre: 2 g

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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