

# Beef Stew

Hearty & Delicious



## EQUIPMENT

- Crockpot

## INGREDIENTS

- 2 lbs Lean stew meat, fat trimmed, cut into 1 ½ inch pieces
- 1/3 Cup Oat Flour (gluten free or rice flour)
- 1 pkg. McCormicks Slow Cooker Seasoning Mix
- 3 Cups Sweet Potatoes diced
- 2 Cups Celery chopped
- 1 Medium Red Onion chopped
- 1 Cup Fresh Watercress chopped
- 1 Cup Fresh Italian Parsley chopped
- 3 Cans Low Sodium Stewed Italian Tomatoes
- 4 Cups Water

## INSTRUCTIONS

1. Always spray your Crockpot with a nonstick cooking spray before putting in the ingredients, it prevents food sticking and makes for an easy clean up.
2. Put cut Meat into a bowl and add Flour and Seasoning Mix, stir until all the meat is coated
3. Place the coated meat at the bottom of the Crockpot.
4. Add the remaining ingredients and layer in order:  
Sweet Potato, Celery, Red Onion, Watercress, Italian Parsley, Stewed Italian Tomatoes and Water.
5. Cook on High for first 3 hours
6. Stir and turn on Low for last 4-5 hours stirring every hour or so.

## NOTES

### Your Shopping List:

1 ½ – 2 lbs. of Lean Stew Meat

Flour (Oat, Rice or Gluten Free)

1 pkg McCormicks Slow Cooker Seasoning Mix

2-3 Sweet Potatoes

Celery

1 med Red Onion

1 bunch of Fresh Watercress

1 bunch of Fresh Italian Parsley

3 cans of Low Sodium Stewed Italian Tomatoes.

**Health Comments:**

This recipe has a lot of Protein, Calcium, Potassium, Manganese, Phosphorus, Iron, 100% Vitamins A, C & K, also Vitamins B1-B2, with unique Carotenoids for skin, Omega 3s and Vitamin E.

