

Slow Cooker Italian Beef Stew

Soup of the Month – February 2012



Give savory beef stew a Tuscan twist with Italian seasoning, cannellini beans and crushed tomatoes.

Prep Time: 15 Min

Start to Finish: 12 Hr. 30 Min

Makes: 6 servings (1 1/2 cups each)

INGREDIENTS

1 pound beef stew meat, trimmed of fat
3 large carrots, cut into 1-inch pieces (2 cups)
2 medium stalks celery, cut into 1-inch pieces (1 1/2 cups)
2 cloves garlic, finely chopped
1 medium onion, coarsely chopped (1 1/2 cups)
1/4 teaspoon pepper
1 can (19 ounces) cannellini (white kidney) beans, rinsed and drained
1 can (28 ounces) crushed tomatoes with basil, un-drained
1 can (14.5 ounces) reduced-sodium beef broth
2 teaspoons Italian seasoning
1 teaspoon sugar
2 cups frozen cut green beans (from 1-pound bag)

DIRECTIONS

1. Place beef, beef broth, carrots, celery, garlic, onion, pepper, kidney beans, and tomatoes in order listed in 3 1/2- to 4-quart slow cooker.
2. Cover and cook on low heat setting 10 to 12 hours.
3. Stir in Italian seasoning, sugar and frozen green beans. Increase heat setting to high. Cover and cook 15 minutes or until green beans are tender.

Recipe Provides: Meat & Beans 3oz-equivalents, Vegetables 1 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	320	Calories from Fat:	80
Total Fat:	8 g	Saturated Fat:	3 1/2 g	Cholesterol:	50 mg
Sodium:	520 mg	Total Carbohydrate:	36 mg	Dietary Fiber:	8 g
Sugars:	4 g	Protein:	23 g		



This recipe adapted from WWW.eatbetterearly.com