

Eat Well Recipe

Crock Pot Easy Beef Stew

Ingredients:

- 4 medium red potatoes
- 1-1/2 lbs. beef stew meat
- 1/3 cup flour
- 14 oz. can diced tomatoes, un-drained
- 2 cups water
- 3 cups frozen stir fry bell peppers and onions
- Montreal Steak Seasoning
- Salt & Pepper to taste

Directions:

Scrub potatoes & cut into quarters. Place in bottom of crock pot. In a separate bowl, mix flour, salt & pepper, and toss with steak seasoned beef to coat; add to crock pot. Add un-drained tomatoes and water and stir. Cover crock pot and cook on low for 7-8 hrs. Beef & potatoes should be tender; add stir fry veggies, cover and cook another 30-40 minutes until vegetables are hot and tender. Serve & ENJOY! Makes 4-6 servings

This recipe is provided by SHS Wellness Programs.

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