

Mediterranean Beef Stew

This slow-cooked stew is easy to assemble and makes a comforting, hardy meal, that fills your home with delicious smells for hours while it cooks.

Makes: 4 Servings

Prep Time: 10 minutes

Cook Time: 5 hours

Source: EatFresh.org

Ingredients

- 1 Potato, cut into 1-inch cubes
- 1 Carrot medium, cut into 1-inch cubes
- 1 Zucchini chopped
- 1 pound Beef Stew Meat fat trimmed, cut into ½-inch pieces
- 14 1/2 ounces Diced Tomatoes canned, Italian-style
- 1/4 teaspoon Black Pepper ground
- 1/4 teaspoon Cinnamon ground
- 1 teaspoon Salt

Directions

1. Place potatoes, carrots, and zucchini in the bottom of a 2-4 quart slow cooker.
2. Add beef and remaining ingredients.
3. Cover and cook on HIGH for 5 hours or until meat is tender. (OR, cover and cook on HIGH 1 hour, then reduce to LOW heat and cook on LOW for 7 hours.)



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 cups (1/4 of recipe)	
Nutrients	Amount
Calories:	296
Total Fat:	8 g
Saturated Fat:	1 g
Sodium:	556 mg
Total Carbohydrates:	17 g
Dietary Fiber:	2 g
Protein	40 g

Utensils Needed

- Slow-Cooker (Crock pot)
- Sharp Knife
- Measuring Spoons
- Cutting Board
- Can Opener

SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$10.71

Average cost/serving: \$2.67

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Potato



Add 1 to Cart
Beef Stew Meat 1 lb



Add 1 to Cart
Fresh Zucchini



Add 1 to Cart
Diced Tomatoes (Italian style),
14.5 oz



Add 1 to Cart
Fresh Carrots (1 lb bag)

SAVE TIME, SAVE MONEY

Cooking Tips

- Potatoes can be substituted for any other root veggies you like or have on hand. Try this recipe with turnips, rutabaga, celeriac, or parsnips!

My Cooking Notes