

# Slow-Cooked Meat and Onion Stew

This recipe is flavorful and delicious, using your choice of beef, pork, or chicken you can have a hot and hearty meal requiring very little prep.

Makes: 4 Servings

Prep/Cook Time: 6 hours 15 minutes

Source: EatFresh.org

## Ingredients

- 2 pounds Beef, Pork, or Chicken (fat and skin trimmed off for whichever meat you choose)
- 3/4 cup Worcestershire Sauce
- 1 teaspoon Garlic Powder
- 2 Onions small, chopped
- 4 Potatoes medium, chopped
- 4 Carrot chopped
- 2 stalks Celery chopped
- 10 3/4 ounces Cream Of Mushroom Soup
- 2 ounces Dry Onion Soup Mix packaged

## Directions

1. Wash hands. and sanitize prep surfaces.
2. With a fork or knife, poke several holes in meat.
3. Set meat in a bowl or resealable bag and cover with Worcestershire sauce. Refrigerate for several hours or overnight. (If using a bag make sure to put in a bowl or on a plate when stored in the fridge, in case of any leakage.)
4. Place all ingredients other than potatoes in a slow cooker.
5. Add 3 cups of water.
6. Cook on high for 3 hours.
7. Add potatoes and cook on low until done, 3–4 more hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 3 cups	
Nutrients	Amount
Calories:	174
Total Fat:	5.5 g
Saturated Fat:	2 g
Sodium:	179 mg
Total Carbohydrates:	11 g
Dietary Fiber:	1.5 g
Protein	20.5 g

## Utensils Needed

- Sharp Knife
- Large Bowl or Resealable Bag
- Can Opener
- Slow Cooker (Crock Pot)

# SHOPPING LIST

Average total cost of ingredients without oil, vinegar, and seasonings/spices: \$26.24

Average cost/serving: \$6.56

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  
Chicken Breast (2 lbs)



Add 1 to Cart  
Fresh Carrots (2 lb bag)



Add 1 to Cart  
Worcestershire Sauce



Add 1 to Cart  
Fresh Celery, 1 bunch



Add 2 to Cart  
Onion (small)



Add 1 to Cart  
Cream of Mushroom  
Condensed Soup (10.5 oz)



Add 1 to Cart  
Russet Potatoes (5 lb bag)



Add 1 to Cart  
Dry Onion Soup and Dip Mix

## SAVE TIME, SAVE MONEY

### Cooking Tips

- If using large, whole pieces of meat - make sure to shred them into the stew at the end of cooking, before serving. Trim and cube raw meat, or purchase pre-cut "stew meat" to skip this step.
- Try substituting some of the carrots or potatoes with other root veggies, such as turnips or rutabaga.

## My Cooking Notes