

Slow Cooker Hamburger Stew

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 pound ground beef
- 1/2 cup onion (chopped)
- 1 cup carrot (chopped)
- 2 cups potatoes (chopped)
- 1 cup celery (chopped)
- 1 can tomatoes (15 ounce)
- 4 cups water
- oregano, basil or other herb (optional) (teaspoon)

Directions

1. Brown ground beef in a medium fry pan. Drain fat.
2. Place beef, chopped vegetables, tomatoes and water in slow cooker.
3. Cook on LOW 8 to 10 hours or on HIGH for 4 to 6 hours.

Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	26 g	
Carbohydrates	24 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	NA	
Sodium	NA	