



Pot Roast Stew



1/6th of recipe (about 1 1/2 cups): 299 calories, 9.5g total fat (4g sat. fat), 820mg sodium, 19g carbs, 3.5g fiber, 5.5g sugars, 35.5g protein

Prep: 25 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low

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Ingredients

2 lbs. raw boneless beef chuck roast, trimmed of excess fat, cut into large pieces
1 tbsp. chopped garlic
1 tsp. salt
1/2 tsp. black pepper
3 cups chopped carrots
1 1/2 cups sliced mushrooms
1 1/2 cups chopped sweet onions
8 oz. (about 1 medium-small) russet potato, peeled and cubed
1 cup chopped celery
2 fresh thyme sprigs
2 bay leaves
2 cups beef broth

Directions

Place beef in the slow cooker. Sprinkle with garlic, salt, and pepper.

Add all remaining ingredients *except* broth.

Top with broth. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until beef is cooked through.

Remove and discard thyme sprigs and bay leaves. Transfer beef to a bowl, and shred with two forks.

Return shredded beef to the slow cooker, and mix well.

MAKES 6 SERVINGS

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