

American Heart Association

## Slow Cooker Harvest Beef Stew

Let the slow cooker do all the heavy work for you in the American one-dish recipe. Just toss all the ingredients into the slow cooker and come home to a piping hot stew, perfect for a cold winter's day.

### Ingredients:

1 lb. bottom round beef roast, cut into 1-inch cubes  
1 large Russet potato, cut into ½-inch dice (about 2 cups)  
¼ cup all-purpose flour  
1 medium sweet potato, cut into ½-inch dice (about 2 cups)  
2 cups peeled, thinly sliced carrots  
10 oz. packaged, frozen pearl onions  
14.5 oz. canned, no-salt-added, diced tomatoes  
14.5 oz. canned, low-sodium beef broth  
1 cup water  
¾ tsp. dried thyme  
½ tsp. ground black pepper  
10 oz. packaged, frozen peas  
2 Tbsp. dried parsley



### Directions:

Total Time: 4 hr. 30 min

Prep Time: 10 min

Cook Time: 260 min

1. Cut the bottom round beef roast into 1-inch cubes and add into a 4-to 6-quart slow-cooker bowl. Chop the potato into ½-inch dice, adding to the beef cubes, along with the flour. Use a spoon to stir mixture together.
2. Cut the sweet potato into a ½-inch dice and thinly slice carrots. Add the sweet potato and carrots into the slow cooker bowl over the meat. Top with the pearl onions, diced tomatoes, beef broth, water, thyme, salt, and pepper.
3. Cover the slow cooker with a lid and cook until beef is tender, about 10 to 12 hours on low heat or 5 to 6 hours on high heat. Right before serving, stir in the frozen peas and dried parsley. Cover and let peas cook, about 5 to 10 minutes. Serve.

### Additional Tips

Serving size 2 cups

**Cooking Tip:** In any slow cooker recipe, make sure that the food that will take the longest time to cook—in this case, both the beef and the Russet potato—is closest to the heat's source on the bottom.

**Keep it Healthy:** If you can't find bottom round beef roast for this beef stew, go for another lean cut of beef like bottom eye roast or top round. Sometimes grocery stores will also sell meat labeled as "stew meat;" just be sure it is lean.

**Tip:** Trying to get this beef stew going before work in the morning? Do a majority of the prep work the evening before, cutting up the beef, sweet potato, and carrots. Save the potato chopping for right before adding into the slow cooker because it will discolor if cut in advance.