



# Crockpot Beef Stew

Looking for a hearty, simple slow cooker stew recipe? Look no further! This crockpot beef stew is a perfect recipe to prepare ahead of time and store in the freezer until needed. Pull it out on cold days when that last thing you want to do is cook!

Prep: 20 minutes • Total: 8 hours (in slowcooker)

## Ingredients:

Beef chuck roast, fat-trimmed, chopped	2 lbs	2 lbs
Carrots, medium, chopped	3 each	3 each
Celery, chopped	2 each	2 each
Onion, medium, chopped	1 cup	250 mL
Thyme, dried	2 tsp	10 mL
Rosemary, dried	1 tsp	5 mL
Bay leaf	1 each	1 each
Salt	½ tsp	2.5 mL
Pepper, black	½ tsp	2.5 mL
Pearled barley	½ cup	125 mL
Beef broth	7 cups	1.75 L

## Directions:

1. Label a gallon-size freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Combine all ingredients (except beef broth) in the plastic freezer bag, adding the beef to the bag last so it's the first ingredient poured into the crockpot.
3. Remove as much air as possible, seal, and freeze up to 3 months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. To prepare: Add bag contents to crockpot with beef broth and cook on "low" setting for 8 hours or until carrots are soft.
6. Remove the bay leaf and enjoy!

## Nutrition Facts

Serving Size (504g)  
Servings Per Container

Amount Per Serving

**Calories 410**    Calories from Fat 120

% Daily Value\*

**Total Fat 13g**                                      **20%**

    Saturated Fat 6g                                  **30%**

    Trans Fat 0g

**Cholesterol 105mg**                              **35%**

**Sodium 1240mg**                                  **52%**

**Total Carbohydrate 16g**                      **5%**

    Dietary Fiber 4g                                 **16%**

    Sugars 3g

**Protein 51g**

Vitamin A 0%                    •    Vitamin C 6%

Calcium 6%                     •    Iron 40%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 6 servings ( 504 g / serving) • 1 serving = ~ 2 cups

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