Slow Cooker Beef Vegetable Stew

Ingredients
- 1-1/2 lbs boneless beef chuck roast, cut into 1-inch cubes
- 3 medium potatoes, peeled and cubed
- 3 cups water
- 1-1/2 cups fresh baby carrots
- 1 can (10-3/4 ounces) condensed tomato soup, undiluted
- 1 medium onion, chopped
- 1 celery rib, chopped
- 2 tbsp Worcestershire sauce
- 1 tbsp browning sauce
- 2 tsp beef bouillon granules
- 1 garlic clove, minced
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup cornstarch
- 3/4 cup cold water
- 2 cups frozen peas, thawed

Making it
1. Place all ingredients except cornstarch, water and peas in a 5- or 6-qt. slow cooker. Cover and cook on LOW for 6-8 hours or until meat is tender.
2. Combine cornstarch and cold water in a small bowl until smooth; gradually stir into stew. Stir in peas. Cover and cook on high for 30 minutes or until thickened.

NUTRITION FACTS
Servings: 8
PER SERVING
Calories (kcal): 287
Fat (g): 9
Carbohydrate (g): 31
Fibre (g): 4
Protein (g): 20

TIPS & HINTS
Freeze extra servings for a quick and easy meal during exam periods.