Slow Cooker Hamburger Stew

Servings: 4

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
1/2 teaspoon oregano, basil or other herb (optional)
Directions:
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.

Nutrition Information: One serving provides: 290 calories, 9g total fat, 3.5g saturated fat, 70mg cholesterol, 140mg sodium, 24g total carbohydrate, 5g dietary fiber, 8g sugars, 25g protein

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