

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)



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Directions:

1. Brown ground beef in a medium fry pan. Drain fat.
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

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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