

Chili Beef Stew *Slow cooking for busy days.*

- 1 pound 95% lean *ground beef*
- 3-4 medium *red-skinned potatoes*, cut into bite-size pieces
- 2 medium *carrots*, peeled and cut into 1/4-inch discs
- 2 medium *onions*, quartered
- 2 14.5-oz cans *whole tomatoes*
- 2 cups *water*
- 1 tbsp *Worcestershire steak sauce*
- 1 tbsp *chili powder*
- Salt* and *pepper* to taste

- ❶ Heat a large non-stick skillet and add ground beef; separate beef into chunks and fry over medium heat 3-4 minutes; remove and set aside.
- ❷ Add potatoes, carrots and onion to skillet and brown 4-5 minutes.
- ❸ Place vegetables in a slow cooker. Place beef on top.
- ❹ Chop tomatoes and blend with remaining ingredients; pour over beef and vegetables. Do not stir again.
- ❺ Cover and cook on low 7-8 hours.

MAKES 4 SERVINGS (1½ cups each).

Per serving:

385 calories

29g protein

6g fat

52g carbs

8g fiber

520mg sodium