

Slow Cooker Harvest Stew Beef

Ingredients

- 1 lb bottom round beef roast (cut into 1-inch cubes)
- 1 large Russet potato, cut into 1/2-inch dice (about 2 cups)
- 1/4 cup all-purpose flour
- 1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)
- 2 cups peeled, thinly sliced carrots
- 1, (10-ounce) package frozen pearl onions
- 1, (14.5-ounce) can no-salt-added, diced tomatoes
- 1, (14.5-ounce) can low-sodium beef broth
- 1 cup water
- 3/4 teaspoon dried thyme
- 1/2 teaspoon ground black pepper
- 1, (10-ounce) package frozen peas
- 2 Tbsp dried parsley

Directions:

1. Cut the bottom round beef roast into 1-inch cubes and add into a 4-to 6-quart slow-cooker bowl. Chop the potato into 1/2-inch dice, adding to the beef cubes, along with the flour. Use a spoon to stir mixture together.
2. Cut the sweet potato into 1/2-inch dice and thinly slice carrots. Add the sweet potato and carrots into the slow cooker bowl over the meat. Top with the pearl onions, diced tomatoes, beef broth, water, thyme, salt, and pepper.
3. Cover the slow cooker with a lid and cook until beef is tender, about 10 to 12 hours on low heat or 5 to 6 hours on high heat. Right before serving, stir in the frozen peas and dried parsley. Cover and let peas cook, about 5 to 10 minutes. Serve.