

## Shopping List: 4 Slow Cooker Hearty Meat Stews

### Fresh Produce

3 cloves garlic  
4 stalks celery  
4 small onions  
5 medium potatoes, 1 large  
9 large carrots  
1 zucchini  
1 bunch kale or collard greens

### Liquid Goods

4 cup low-sodium chicken broth or water  
10<sup>3</sup>/<sub>4</sub> ounce cream of mushroom soup

### Dry Goods

½ cup dried beans  
2 ounce package dry onion soup mix  
14½ ounce can of Italian-style diced tomatoes  
15 ounce chopped tomatoes or tomato soup  
15 ounce garbanzo beans *optional*  
¾ cup raisins *optional*

### Meat or Substitutes

¼ pound sausage  
2 pound beef, pork, or chicken  
½ pound beef stew meat  
1 pound pork stew meat

### Pantry Staples

*Add items to list if you don't already have them*

1 Teaspoon garlic powder  
Salt and black pepper  
¼ Teaspoon ground cinnamon  
¼ Teaspoon dried thyme  
Olive oil  
1½ Teaspoon apple cider or red wine vinegar  
1 Tablespoon soy sauce  
¾ Cup Worcestershire sauce

## Sausage & Greens Stew

*This one-pot meal makes great use of inexpensive dried beans.*

Makes 2 servings. 2 cups per serving.

Ready in 8 hours 5 minutes.

### Ingredients

½ Pound dried beans

¼ Pound sausage *sliced lengthwise and chopped*

1 Small onion *chopped*

2 Stalks celery *chopped*

1 Teaspoon dried thyme

4 Cup water or low-sodium chicken broth

1 Bunch kale or collard greens *leaves cut into bite-sized pieces*

1½ Teaspoon apple cider or red wine vinegar

Salt and black pepper *to taste*

### Directions

1. Combine the beans, sausage, onion, celery, and thyme in a slow cooker.
2. Add the broth and stir to combine.
3. Cover and cook on low for 7–8 hours or on high for 4–5 hours.
4. 30 minutes before serving, add the greens. Cover and cook on high until the greens are tender.
5. Add the vinegar and salt and pepper to taste.

Nutrition information per serving: Calories 699, Total Fat 19g, Saturated Fat 6g, Carbohydrates 99g, Protein 38g, Dietary Fiber 26g, Sodium 612mg

*Recipe Source: Leah's Pantry*

## Slow Cooked Meat & Onion Stew

Makes 2 servings. 6 cups per serving.  
Ready in 6 hours 15 minutes.

### Ingredients

2 Pound beef, pork, or chicken *fat or skin trimmed off*  
 $\frac{3}{4}$  Cup Worcestershire sauce  
1 Teaspoon garlic powder  
2 Small onions *chopped*  
4 Medium potatoes *chopped*  
4 Large carrots *chopped*  
2 Stalks celery *chopped*  
10 $\frac{3}{4}$  Ounce cream of mushroom soup  
2 Ounce package dry onion soup mix

### Directions

1. With a fork or knife, poke several holes in meat.
2. Set meat in a bowl or resealable bag and cover with Worcestershire sauce. Refrigerate for several hours or overnight.
3. Place all ingredients other than potatoes in a slow cooker.
4. Add 3 cups of water.
5. Cook on high for 3 hours.
6. Add potatoes and cook on low until done, 3–4 more hours.

Nutrition information per serving: Calories 348, Total Fat 11g, Saturated Fat 4g, Carbohydrates 22g, Protein 41g, Dietary Fiber 3g, Sodium 385mg

*Recipe Source: Leah's Pantry*

## Ralph's Slow Cooker Mediterranean Beef Stew

*This beef stew recipe is simple and affordable. Plus, it is high in protein and can store for up to 3 days.*

Makes 8 servings. 1 cup per serving.  
Ready in 7 hours in 10 minutes.

### **Ingredients**

1 Potato *cut into ½-in cut cubes*  
2 Carrots *minced*  
1 Zucchini *diced*  
½ Pound beef stew meat *cut into ½-in cut pieces*  
14½ Ounce can of Italian-style diced tomatoes  
¼ Teaspoon black pepper *ground*  
¼ Teaspoon cinnamon *ground*

### **Directions**

1. Place potatoes, carrots and zucchini in the bottom of the slow cooker.
2. Add beef and remaining ingredients.
3. Cover and cook on HIGH for 5 hours or until meat is tender.
4. Or, cover and cook on HIGH 1 hour, then reduce to LOW heat and cook on LOW for 7 hours.

Nutrition information per serving: Calories 126, Total Fat 4.1g, Saturated Fat 1.5g, Dietary Fiber 2.8g, Sodium 170mg

*Recipe Source: Leah's Pantry*

## **Filipino-Style Menudo**

*This recipe was contributed by a cooking class at the Alexander Residence.*

Makes 3 servings. 1 cup per serving.  
Ready in 40 minutes.

### **Ingredients**

1 Onion *chopped*  
3 cloves garlic *finely minced*  
1 Teaspoon oil  
1 Pound pork stew meat *fat trimmed*  
15 Ounce chopped tomatoes or tomato soup  
1 Large potato *chopped*  
2 Red bell peppers or green bell peppers *chopped*  
3 Carrots *chopped*  
Black pepper to taste  
1 Tablespoon soy sauce  
15 Ounce garbanzo beans *optional*  
 $\frac{3}{4}$  Cup raisins *optional*

### **Directions**

1. Heat oil in the bottom of rice cooker until it sizzles.
2. Add onions and garlic. Cook, stirring frequently, until soft.
3. Add pork and cook until lightly browned. Stir occasionally to prevent sticking.
4. Add tomatoes and water and close the cover.
5. Set to "cook" and allow to heat until pork is tender. Check a few times and add more water if needed.
6. Add potatoes, bell pepper, carrots, soy sauce and pepper.
7. Close cover and continue to cook until potatoes and carrots are tender.
8. Add garbanzo beans and raisins, if using. Heat for about 10 more minutes.

Nutrition information per serving: Calories 451, Total Fat 17g, Saturated Fat 5g, Carbohydrates 41g, Protein 37g, Dietary Fiber 11g, Sodium 704mg

*Recipe Source: Leah's Pantry*