

 **Prep:** 15 minutes
 **Cook:** 4 hours
 **Servings:** 8

Slow-Simmered Beef and Onions

INGREDIENTS

1 Tbsp olive oil
3 ½-4 lbs beef chuck roast, *trimmed and cut into cubes*
1 pkg (1 oz) dry onion soup mix
1 ½ cups water
1 large onion, *chopped*
4 medium carrots, *peeled and sliced*
3 ribs celery, *chopped*
1 can (~16 oz) Kidney Beans, any variety, *drained*

DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Brown beef completely.
2. Combine beef (with pan juices), soup mix, water and vegetables in slow cooker. Top with beans.
3. Cover and cook 4 hours on low.

Nutrition Information (per serving)

| | | |
|------------------|------------------|-------------------|
| Calories 433 | Carbohydrate 16g | Calcium 55mg |
| Total Fat 15g | Fiber 4g | (4% DV) |
| Saturated Fat 4g | Protein 57g | Iron 7mg (40% DV) |



**Canned
Beans**
OPEN THE POSSIBILITIES