



beef vegetable stew

1 ½ pounds beef roast
3 medium red potatoes
5 carrots
1 (14.5 ounce) can
low sodium beef broth
3 tablespoons
cornstarch
1 teaspoon
Italian seasoning
1 cup frozen
green peas
Salt and black
pepper to taste

1. Peel the potatoes and carrots. Cut into large chunks and place in a crock pot.
2. Cut the beef roast into large chunks. Place meat in a nonstick skillet and cook over medium-high heat until the meat is browned, about 4 to 5 minutes.
3. Combine the cornstarch and beef broth. Add to the skillet. Bring to a boil. Pour meat and sauce over raw potatoes and carrots. Add herbs.
4. Cover and cook in a slow cooker on high for 4 to 5 hours. Add green peas and cook for 10 more minutes.



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