

Slow Cooker Cowboy Stew

- 1 1/4 pounds beef stew meat
- 4 potatoes, unpeeled, cut into 1-inch pieces
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (28 ounces) baked beans in barbecue sauce

1. In 3 1/2- to 4-quart slow cooker, mix beef, potatoes, onion, salt and pepper. Spread beans over beef mixture.
2. Cover and cook on low heat setting 8 to 10 hours or until beef is tender.

Per Serving: Calories 370 (Calories from Fat 110); Total Fat 12g (Saturated Fat 5g, Trans Fat ncg); Cholesterol 65 mg; Sodium 1030 mg; Total Carbohydrate 46g (Dietary Fiber 8g, Sugars ncg); Protein 28g

Percent Daily Value*: Vitamin A 26%; Vitamin C 12%; Calcium 8%; Iron 42%

Exchanges: 3 Starch; 0 Other Carbohydrate; 0 Vegetable; 3 Very Lean Meat 1 Fat

Carbohydrate Choices: nc

*Percent Daily Values are based on a 2,000-calorie diet.

www.BettyCrocker.com