Slow Cooker Hamburger Stew

Serving Size: 1/4 of recipe
Yield: 4 servings

Ingredients:

1 pound ground beef
1/2 cup chopped onions
1 cup chopped carrots
2 cups chopped potatoes
1 cup chopped celery
1 can (15 ounce) tomatoes
4 cups water
1/2 teaspoon oregano, basil or other herb (optional)

Instructions:

1. Wash hands.
3. Place beef, chopped vegetables, tomatoes and water in slow cooker.
4. Cook on LOW 8 to 10 hours or on HIGH for 4 to 6 hours.

Cost:

Per Recipe: $ 4.13
Per Serving: $ 1.03

Meal Idea

Slow Cooker Hamburger Stew
Green Salad
Cornbread
Pear Half
Lowfat Milk

Adapted from: Montana Extension Nutrition Education Program Website, Recipes Montana State University Extension Service
Source - USDA at http://recipefinder.nal.usda.gov/