Slow-Cooker Chuck and Veggies

SERVES 2

PREP TIME 15 Minutes

COOK TIME 4 1/2 hours on high or 9 hours on low

SERVING SIZE 1 1/2 cups beef and veggie mixture

8 ounces boneless lean chuck roast\*

8 ounces frozen pepper stir-fry

8 ounces whole mushrooms

5 ounces green beans, trimmed (about 1 1/4 cups total)

1/4 cup dry red wine

1 dried bay leaf

1 teaspoon instant coffee granules

1 teaspoon Worcestershire sauce

1/4 teaspoon black pepper

1/4 teaspoon salt

1. Combine all ingredients, except the salt, in a 3 1/2–4-quart slow cooker. Cover and cook on high setting for 4 1/2 hours or on low setting for 9 hours or until beef is very tender. Gently stir in the salt.

2. Remove the beef and vegetables with a slotted spoon and place in 2 shallow bowls.

3. Pour the liquid in the slow cooker into a medium skillet. Bring to a boil over medium-high heat and cook 1 1/2 minutes or until the liquid reduces to 1/4 cup. Spoon evenly over the beef and vegetables. Remove bay leaf before serving. You can serve half and reserve half of the beef and vegetable mixture for Saucy Beef and Egg Noodles (page 123).

\*COOK’S NOTE: When buying chuck, even when it is labeled “lean,” there may still be some fat that needs to be removed. If a butcher is not available to cut a chuck roast to your specifications (lean and 8 ounces), buy a larger piece, trim the fat, and cut it into 8-ounce portions to freeze for later uses.

CHOICES/EXCHANGES

3 Nonstarchy Vegetable, 3 Lean Protein

CALORIES: 215

CALORIES FROM FAT: 45

TOTAL FAT: 5 g

SATURATED FAT: 1.5 g

TRANS FAT: 0 g

CHOLESTEROL: 45 mg

SODIUM: 380 mg

POTASSIUM: 910 mg

TOTAL CARBOHYDRATE: 17 g

DIETARY FIBER: 5 g

SUGARS: 9 g

PROTEIN: 26 g

PHOSPHORUS: 335 mg