



## Beef Slow Cooker Irish Stew

**Prep: 40 minutes**

**Cook: 7 hours 20 minutes**

**Serves: 8**

- 2 tablespoons vegetable oil
- 2½ pounds boneless sirloin tip roast, fat trimmed, cut into 1½-inch pieces
- 1½ pounds baby red-skinned potatoes, scrubbed and quartered
- 4 sprigs fresh thyme
- 2 garlic cloves, sliced
- 2 medium leeks, halved lengthwise and sliced ½-inch thick
- 1 bay leaf
- 1 medium yellow onion, cut into wedges
- 8 cups low sodium beef broth

- 2 cups baby carrots
- ½ cup barley
- ¼ cup coarsely chopped fresh parsley leaves plus additional for garnish
- 1 tablespoon Worcestershire sauce
- 1 cup warm water
- ¾ cup all-purpose flour
- 1½ cups frozen peas
- 1½ tablespoons red wine vinegar
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Chopped fresh chives for garnish

**1.** In large skillet, heat oil over medium-high heat. In 2 batches, add beef and cook each batch 3 to 5 minutes or until beef is browned, stirring occasionally. Transfer beef to 5- to 6-quart slow cooker.

**2.** Add potatoes, thyme, garlic, leeks, bay leaf, onion, broth, carrots, barley, parsley and Worcestershire sauce. Cover and cook on low 7 to 8 hours or until beef and potatoes are tender.

**3.** In medium bowl, whisk together water and flour; stir into slow cooker. Increase heat to high, cover and cook 15 minutes. Stir in peas and vinegar; cover and cook 3 minutes. Remove and discard bay leaf and thyme stems. Season with salt and pepper. Serve garnished with parsley and chives.

*Approximate nutritional values per serving:*

*445 Calories, 9g Fat (18% of total calories), 2g Saturated (4% total calories), 68mg Cholesterol, 367mg Sodium, 48g Carbohydrates, 7g Fiber, 42g Protein*

*Dietary Exchanges:*

*3 Starch; 6 Protein; 2 Fat*