

## Italian Beef Stew

By: Tastefully Simple

### Ingredients:

- 1.5 lbs. cubes beef stew meat
- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 (4.5 oz.) jar sliced mushrooms, drained or 8 oz. fresh mushrooms, sliced
- 1 (14.5 oz.) can petite diced tomatoes, undrained
- 1/2 cup dry red wine (optional)
- 4 oz, cream cheese (optional)
- Parmesan cheese for garnish (optional)

### Instructions:

1. Combine first 5 ingredients (wine optional) in ziploc bag.
2. Thaw ingredients prior to placing in crockpot.
3. Place in greased crockpot.
4. Cover and cook on LOW for 5-6 hours.
5. Add cream cheese during the last few minutes of cooking (optional). Stir to combine.
6. Garnish each bowl of stew with Parmesan cheese.

Cook time: 5-6 hours on LOW

Serve: 6

## **JOYCE LANDE, HAPPY AND HEALTHY LIFESTYLES**

[www.happyandhealthylifestyles.com](http://www.happyandhealthylifestyles.com) | [joyce@happyandhealthylifestyles.com](mailto:joyce@happyandhealthylifestyles.com) | 847-754-1593

Nutrition Educator & Kitchen Coach | Outreach Programs | Meal Planning, Prep & Catering