



Slow Cooker Beef Vegetable Soup

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces
3 medium carrots, cut into 1/2-inch-thick slices
2 small potatoes, peeled and cut into 1/2-inch cubes
1 medium onion, chopped
1/2 teaspoon salt
1/2 teaspoon dried thyme
1 bay leaf
2 14-1/2-ounce cans diced tomatoes
1 cup water
1/2 cup frozen peas

Combine beef chuck pieces, sliced carrots, cubed potatoes, and chopped onion in slow cooker. Sprinkle with salt and thyme. Add bay leaf, tomatoes with their juices, and water. Stir until all ingredients are combined.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove and discard bay leaf. Add peas 15 minutes before serving. Makes 6 servings.

Nutrition information per serving: 179 calories, 19g protein, 19g carbohydrate, 3g fat.