

Italian Beef & Vegetable Crock Pot

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↑↓ Servings: 10 portions



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
439 kcal	21 g	26 g	23 g	4 g

PREP TIME		COOK TIME		COURSE
30 mins		8 hrs		Dinner

INGREDIENTS

- 4 Tbsp Olive Oil
- 907 g Round Beef Lean, top
- 0.33 Cup Almond Flour
- 4 Medium Carrots Chopped
- 3 Stalks Celery Chopped
- 2 Onions Diced
- 3 Cloves Garlic Minced
- 2 Cups Red Wine
- 2 Cups Beef stock Low sodium
- 400 g Tinned Tomatoes 1 tin, diced
- 680 g Potatoes
- 450 g Mushrooms chopped
- 0.5 Tsp Thyme fresh or dried
- 0.5 Tsp Oregano
- 0.75 Tsp Rosemary crushed
- 1 Bay Leaf

- Pinch Salt and Pepper to taste



KEYWORDS

Dinner