

Right for Tonight™ Healthy Meals

Irish Beef Stew with Paprika Potatoes



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Irish Beef Stew with Paprika Potatoes

Prep Time: 15 minutes

Cook Time: 8 hours

Easy Recipe:

- 2 lbs. beef bottom round roast, cut into 2-inch cubes
 - $\frac{1}{4}$ cup **ShopRite all-purpose flour** (or 5 tbsp. flour for thicker gravy)
 - 1 tsp. paprika, divided
 - $\frac{1}{2}$ tsp. pepper
 - $\frac{1}{2}$ tsp. dried thyme
 - 1 (14.5-oz.) can reduced-sodium beef broth
 - 7 medium potatoes, peeled, cut into chunks
 - 2 medium onions, sliced
- Chopped fresh parsley (optional)

Easy Steps:

1. Place beef in a 4-quart slow cooker. Combine flour, $\frac{1}{2}$ teaspoon of the paprika, plus pepper and thyme. Sprinkle on beef; toss to coat.
2. Add broth, potatoes and onions; stir. Cover and cook on LOW 8 to 10 hours or on HIGH 4 to 5 hours, or until beef is tender.
3. Sprinkle with remaining paprika and (if desired) parsley, and serve.

Serves 8

Per Serving: 370 calories, 35g carbohydrate, 39g protein, 3g fiber, 7g fat, 2g saturated fat, 0g trans fat, 85mg cholesterol, 200mg sodium

Make it a meal: Serve with steamed broccoli and carrots.



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