

# keto crock pot beef stew



4.8 from 9 reviews

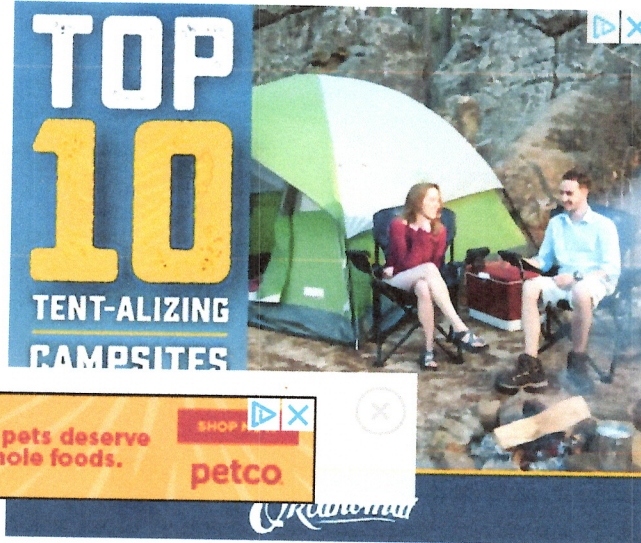
Author: Kyndra Holley Prep Time: 20 minutes Cook Time: 6 hours Total Time: 6 hours 20 minutes  
Yield: 10 Servings



## INGREDIENTS

SCALE

- 2 pounds stew beef
- 3 tablespoons [olive oil](#)
- 2 cups beef stock
- 12 ounce package bacon, cooked crisp and crumbled
- 14.5 ounce can diced tomatoes, drained
- 4 ounces mixed bell peppers, chopped
- 4 ounces cremini mushrooms, quartered
- 2 ribs celery, chopped
- 1 large carrot, chopped
- 1 small onion, chopped
- 4 large cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce or coconut aminos
- 2 teaspoons [sea salt](#)
- 1 ½ teaspoons ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano



## INSTRUCTIONS

- 1 Heat the slow cooker on low setting.
- 2 In a large skillet over medium heat, sear the beef in [olive oil](#), browning on both sides. Transfer to slow cooker.
- 3 To the slow cooker, add Organic Beef Stock, bacon, tomatoes, bell peppers, mushrooms, celery, carrot, onion, garlic, tomato paste, Worcestershire sauce, [sea salt](#), black pepper, garlic powder, onion powder, and dried oregano.
- 4 Cover and cook on low 6-8 hours.

## NOTES

**Per Serving – 1 Cup**  
Calories 235 | Fat 15 g | Protein 22g | Carbs 5g | Fiber 1g | **Net Carbs 4g**