



2 lbs lean beef for stew

2 large onions, sliced into wedges

1 lb new potatoes cut in half

1lb package baby carrots

1 ½ tbsp. dried Italian Seasoning

1 tsp salt

1 tsp black pepper

1 11oz can Hot and Spicy vegetable juice

1 11oz can Low Sodium vegetable juice

Combine all ingredients in crock pot. Turn crock pot to low heat setting. Cook at least 6 hours.

