

Thunderbird Stew

This stew produces a wonderful gravy. Serve over cooked noodles for a cozy comfort food.

Recipe by Kelly Bradley | Created on **Nov 18, 2021**

Ingredients

- 2 pounds chuck roast
- 1 (1 ounce) package dry onion soup mix
- 1 (.75 ounce) packet dry brown gravy mix
- 1 ½ cups apple juice

Directions

- Slow Cooker instructions: Place stew beef, onion soup mix, brown gravy mix, and apple juice into a slow cooker, and cook on Low for 5 to 8 hours.
- Oven instructions: Mix together the apple juice, onion soup mix, and brown gravy mix in a casserole dish. Add stew beef, and cook covered for 2 1/2 to 3 hours in a 325 degree oven.(165 degrees C)

Nutrition Facts

Serving: **8 servings** | Calories: **271 kcal** | Carbohydrates: **9.2 g** | Protein: **22.4 g** | Saturated fat: **6.1 g** | Cholesterol: **73.8 mg** | Sodium: **525.1 mg** | Fiber: **0.3 g** | Sugar: **5.2 g**

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