

# Poor Man's Stew

## Ingredients:

1 lb. ground beef, browned and drained  
1.5 lbs potatoes, diced large  
3 carrots, sliced  
1 onion, diced  
1 garlic clove, minced (I had this on hand already)  
1 (6-oz.) can tomato paste  
2 cups water  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
1 tsp. onion powder  
1 tsp. dried oregan

## Instructions:

Add the cooked ground beef, potatoes, carrots, onions, and garlic to a 5-quart or larger slow cooker.

In a small bowl whisk together the tomato paste, water, salt, pepper, onion powder and oregano. Pour this mixture over everything in the slow cooker. Stir.

Cover and cook on LOW for 6-7 hours, without opening the lid during the cooking time.

Serve with buttered sandwich bread.

source :tomatohero.