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Calories [Kindle Edition] By Marie Alanyo**

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Slow Cooker Hearty Vegetable and Bean Soup. Servings: 6 | Serving Size: 1 1/2 cups | Previous Points: 3 | Points Plus: 3 | Calories: 183 | Total Fat: 4 g

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Hearty Slow Cooker Beef and Vegetable Soup Recipe Yum. November 7, With only 213 calories and 5 Weight Watchers PointsPlus in a 2 cup serving,

Slow- cooker hearty beef and barley stew recipe

Slow-Cooker Hearty Beef and Barley Stew (8) 1 In 3 1/2 or 4-quart slow cooker, combine all ingredients; *Percent Daily Values are based on a 2,000 calorie diet.

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Feb 08, 2015 A mixture of cream of mushroom soup and tomato sauce is the base for this slow cooker beef stew with Hearty Slow Cooked on a 2,000 calorie diet

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