



Beef and Guinness Stew

 Dairy Free

READY IN



198 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons canola oil divided
- ☐ 1 teaspoon caraway seeds
- ☐ 8 ounces diagonal carrot ()
- ☐ 2 pounds chuck roast boneless trimmed cut into 1-inch cubes
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 11.2 ounce guinness stout

- ☐ 4 cups lower-sodium beef broth fat-free
- ☐ 5 cups onion chopped (3 onions)
- ☐ 8 ounces diagonal parsnip ()
- ☐ 1 tablespoon raisins
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup turnip cubed peeled () (8 ounces)

Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat 1 1/2 tablespoons oil in a Dutch oven over medium-high heat.
- ☐ Place flour in a shallow dish.
- ☐ Sprinkle beef with 1/2 teaspoon salt; dredge beef in flour.
- ☐ Add half of beef to pan; cook 5 minutes, turning to brown on all sides.
- ☐ Remove beef from pan with a slotted spoon. Repeat procedure with remaining 1 1/2 tablespoons oil and beef.
- ☐ Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in broth and beer, scraping pan to loosen browned bits. Return meat to pan. Stir in remaining 1/2 teaspoon salt, raisins, caraway seeds, and pepper; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and bring to a boil. Cook 50 minutes, stirring occasionally.
- ☐ Add carrot, parsnip, and turnip. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally. Uncover and bring to a boil; cook 10 minutes or until vegetables are tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



 PROTEIN **28.43%**  FAT **45.24%**  CARBS **26.33%**

Properties

Glycemic Index:55.2, Glycemic Load:8.55, Inflammation Score:-10, Nutrition Score:25.041739038799%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 20.64mg, Quercetin: 20.64mg, Quercetin: 20.64mg, Quercetin: 20.64mg

Nutrients (% of daily need)

Calories: 372.35kcal (18.62%), Fat: 18.64g (28.68%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 19.76g (7.18%), Sugar: 7.83g (8.7%), Cholesterol: 78.24mg (26.08%), Sodium: 656.85mg (28.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.73%), Vitamin A: 4869.14IU (97.38%), Zinc: 9.05mg (60.31%), Vitamin B12: 3.1µg (51.6%), Selenium: 25.99µg (37.13%), Vitamin B6: 0.65mg (32.27%), Vitamin K: 32.83µg (31.26%), Potassium: 1041.12mg (29.75%), Vitamin B3: 5.9mg (29.49%), Phosphorus: 287.24mg (28.72%), Vitamin C: 19.23mg (23.3%), Manganese: 0.42mg (21.03%), Fiber: 4.65g (18.6%), Iron: 3.28mg (18.2%), Vitamin B2: 0.25mg (14.99%), Folate: 58.23µg (14.56%), Vitamin B1: 0.21mg (13.83%), Vitamin E: 1.87mg (12.48%), Magnesium: 48.58mg (12.15%), Vitamin B5: 1.13mg (11.26%), Copper: 0.19mg (9.65%), Calcium: 72.38mg (7.24%)