



Beef and Irish Stout Stew

 Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef stew meat lean cut into 1-inch cubes
- ☐ 2 cups carrots chopped
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 clove garlic crushed
- ☐ 1 pinch salt and ground pepper black to taste

- ☐ 2 large onions chopped
- ☐ 1.5 cups irish stout beer guinness® (such as)
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil divided

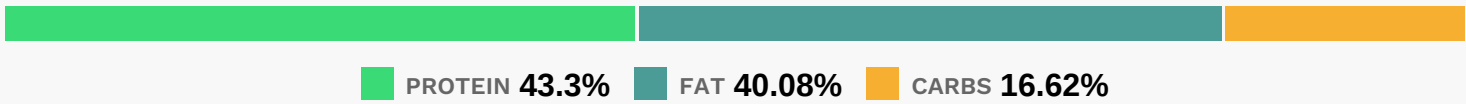
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.
- ☐ Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat.
- ☐ Add the beef, and brown on all sides.
- ☐ Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.
- ☐ Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth.
- ☐ Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving.
- ☐ Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:60.81, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:25.840434820756%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 344.24kcal (17.21%), Fat: 14.52g (22.33%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 11.15g (4.05%), Sugar: 4.81g (5.35%), Cholesterol: 93.74mg (31.25%), Sodium: 158.78mg (6.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.57%), Vitamin A: 7281.38IU (145.63%), Selenium: 43.38µg (61.97%), Vitamin B6: 1.13mg (56.33%), Vitamin B3: 11.02mg (55.11%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.54mg (43.63%), Phosphorus: 363.04mg (36.3%), Vitamin K: 31.75µg (30.24%), Potassium: 789.14mg (22.55%), Iron: 3.71mg (20.59%), Vitamin B2: 0.3mg (17.81%), Vitamin B1: 0.22mg (14.42%), Magnesium: 49.98mg (12.49%), Folate: 43.6µg (10.9%), Copper: 0.21mg (10.68%), Vitamin C: 8.71mg (10.55%), Vitamin E: 1.54mg (10.29%), Manganese: 0.19mg (9.73%), Fiber: 2.4g (9.58%), Vitamin B5: 0.86mg (8.62%), Calcium: 59.2mg (5.92%)