

Beef Stew with Ale

 Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds brisket trimmed cut into 2-inch pieces
- 2 cups beef broth
- 5 tablespoons canola oil
- 1 cup carrots diced
- 1 cup celery root diced (celeriac)
- 2 tablespoons flour all-purpose
- 2 sprigs rosemary fresh chopped
- 4 sprigs thyme leaves fresh chopped

- 2 cloves garlic minced
- 1 tablespoon malt vinegar
- 2 cups portobello mushroom caps diced
- 1 cup potatoes diced
- 1.5 cups pearl onions red peeled
- 12 servings salt and pepper black to taste
- 1 cup turnip diced

Equipment

- mixing bowl
- pot
- dutch oven

Directions

- Place the brisket cubes into a mixing bowl, and season with salt and pepper.
- Sprinkle with flour, and toss until evenly coated.
- Heat the canola oil in a Dutch oven or large pot over high heat. Cook the meat in small batches until browned on all sides; about 5 minutes per batch. Set the meat aside as the batches are done.
- Once the meat has been browned and set aside, stir in the portobello mushrooms, and cook until browned, about 5 minutes.
- Remove the mushrooms, and set aside. Stir the pearl onions, carrot, celery root, and turnips into the pot. Cook and stir until the onions begin to turn light brown, about 5 minutes.
- Add the garlic, and continue cooking until the onions are golden brown, about 3 minutes more.
- Remove the vegetables and set aside.
- Return the beef to the pot, and pour in the beer. Bring to a boil, and cook until the beer has reduced to 1/3 of its original volume, about 8 minutes.
- Pour in the beef broth and return to a boil. Reduce heat to medium-low, cover, and simmer until the meat starts to become tender, about 1 hour. Return the browned vegetables to the pot along with the potatoes, recover, and cook 1 hour more.

Stir in the reserved mushrooms, malt vinegar, thyme, and rosemary. Simmer a few minutes until heated through. Season to taste with salt and pepper before serving.

Nutrition Facts

PROTEIN 32.44% **FAT 48.26%** **CARBS 19.3%**

Properties

Glycemic Index:38.8, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:13.522174090147%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 218.76kcal (10.94%), Fat: 11.69g (17.98%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 8.61g (3.13%), Sugar: 2.88g (3.2%), Cholesterol: 46.87mg (15.62%), Sodium: 433.63mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Vitamin A: 1799.28IU (35.99%), Vitamin B12: 1.87µg (31.2%), Vitamin B6: 0.48mg (24.19%), Zinc: 3.55mg (23.7%), Selenium: 16.22µg (23.18%), Vitamin B3: 4.48mg (22.38%), Phosphorus: 215.33mg (21.53%), Potassium: 539.48mg (15.41%), Vitamin C: 10.27mg (12.45%), Vitamin K: 12.35µg (11.77%), Vitamin B2: 0.19mg (11.45%), Iron: 2.05mg (11.37%), Vitamin B1: 0.14mg (9.42%), Vitamin E: 1.39mg (9.3%), Manganese: 0.16mg (8.19%), Copper: 0.16mg (8.02%), Magnesium: 31.21mg (7.8%), Fiber: 1.89g (7.58%), Folate: 25.69µg (6.42%), Vitamin B5: 0.63mg (6.31%), Calcium: 30.57mg (3.06%)