



Beef & stout stew with carrots

 Dairy Free

READY IN



210 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 kg beef cut into large chunks
- ☐ 1 onion roughly chopped
- ☐ 10 carrots cut into large chunks
- ☐ 2 tbsp flour plain
- ☐ 500 ml porter canned
- ☐ 1 beef bouillon cubes
- ☐ 1 pinch sugar

- ☐ 3 bay leaves
- ☐ 4 servings thyme leaves
- ☐ 4 servings parsnips (see recipe below)

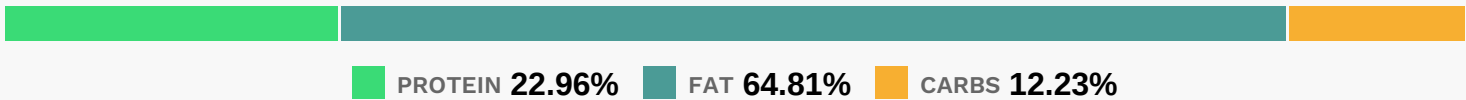
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Heat the oil in large lidded casserole dish, brown the meat really well in batches, then set aside.
- ☐ Add the onion and carrots to the dish, give them a good browning, then scatter over the flour and stir. Tip the meat and any juices back into the dish and give it all a good stir.
- ☐ Pour over the Guinness and crumble in the stock cube. Season the stew with salt, pepper and a pinch of sugar. Tuck in the herbs and bring everything to a simmer.
- ☐ Cover with a lid and place in the oven for about 2 hrs until the meat is really tender. The stew can now be chilled and frozen for up to 3 months defrost completely before reheating until piping hot. Leave the stew to settle a little, then serve with Creamy parsnip mash for a true celebration of winter vegetables.

Nutrition Facts



Properties

Glycemic Index:78.98, Glycemic Load:7.77, Inflammation Score:-10, Nutrition Score:33.566956722218%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 829.72kcal (41.49%), Fat: 57.3g (88.15%), Saturated Fat: 20.31g (126.95%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 19.27g (7.01%), Sugar: 8.85g (9.83%), Cholesterol: 177.54mg (59.18%), Sodium: 514.11mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.68g (91.36%), Vitamin A: 25529.36IU (510.59%), Vitamin B12: 5.36µg (89.33%), Zinc: 10.92mg (72.79%), Vitamin B3: 12.38mg (61.9%), Selenium: 39.36µg (56.23%), Vitamin B6: 1.06mg (53.01%), Phosphorus: 464.5mg (46.45%), Vitamin K: 37.48µg (35.7%), Potassium: 1221.43mg (34.9%), Iron: 5.78mg (32.09%), Vitamin B2: 0.49mg (28.96%), Fiber: 5.05g (20.19%), Vitamin E: 2.61mg (17.4%), Vitamin B5: 1.73mg (17.35%), Vitamin B1: 0.25mg (16.91%), Manganese: 0.34mg (16.85%), Magnesium: 66.86mg (16.71%), Vitamin C: 12.84mg (15.56%), Folate: 60.14µg (15.03%), Copper: 0.24mg (12.22%), Calcium: 107.85mg (10.79%), Vitamin D: 0.25µg (1.67%)