



## Belgian Beef and Beer Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 12 ounce amber beer
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon caraway seeds
- 0.5 pound carrots ()
- 2.5 pounds chuck roast boneless trimmed cut into 1 1/2-inch cubes
- 12 ounces cremini mushrooms sliced
- 2 tablespoons dijon mustard country-style

- 1 teaspoon thyme leaves dried
- 3 tablespoons flour all-purpose
- 2 garlic cloves minced
- 1 cup less-sodium beef broth fat-free
- 2 cups onion chopped ( 2 medium)
- 0.5 pound parsnips ( )
- 1 teaspoon salt
- 3 slices center-cut bacon cut into 1/2-inch pieces

## Equipment

- frying pan
- dutch oven

## Directions

- Cook bacon in a large Dutch oven over medium-high heat until crisp.
- Remove bacon from pan, reserving drippings; set aside.
- Add half of beef to drippings in pan; cook 5 minutes, browning on all sides.
- Remove beef from pan. Repeat procedure with remaining beef.
- Add onion to pan; saut 4 minutes. Stir in mushrooms and garlic; saut 4 minutes or until half of liquid evaporates. Stir in flour; cook 2 minutes, stirring occasionally. Stir in beer, scraping pan to loosen browned bits.
- Add bacon, beef, carrot, and remaining ingredients to pan; bring to a boil. Cover, reduce heat, and simmer 2 hours or until beef is tender. Discard bay leaf.
- Beer note: With Belgian Beef and Beer Stew, focus on Belgian beers in the style of Dubbel or Brune. These words indicate a dark-colored, malty beer that goes well with braised beef. Moinette Brune (\$9/750 ml) offers fruity sweetness that works with caramelized vegetables and a bready quality that matches any stew, while the beer's lively effervescence and surprisingly light body won't weigh down a winter meal. --Jeffery Lindenmuth

## Nutrition Facts



■ PROTEIN **33.47%** ■ FAT **47.64%** ■ CARBS **18.89%**

## Properties

Glycemic Index:41.92, Glycemic Load:5.92, Inflammation Score:-10, Nutrition Score:28.789564765018%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 382.71kcal (19.14%), Fat: 19.97g (30.73%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 14.32g (5.21%), Sugar: 5.2g (5.78%), Cholesterol: 103.25mg (34.42%), Sodium: 584.91mg (25.43%), Alcohol: 1.66g (100%), Alcohol %: 0.57% (100%), Protein: 31.58g (63.16%), Vitamin A: 4767.74IU (95.35%), Zinc: 11.6mg (77.35%), Vitamin B12: 3.96µg (66.03%), Selenium: 45.27µg (64.67%), Vitamin B3: 9.02mg (45.12%), Phosphorus: 387.82mg (38.78%), Vitamin B6: 0.76mg (37.93%), Potassium: 1020.49mg (29.16%), Vitamin B2: 0.49mg (28.89%), Iron: 3.89mg (21.64%), Manganese: 0.41mg (20.31%), Copper: 0.38mg (19.01%), Vitamin B5: 1.9mg (18.98%), Vitamin B1: 0.25mg (16.89%), Vitamin K: 14.83µg (14.13%), Fiber: 3.5g (14%), Folate: 55.25µg (13.81%), Magnesium: 53.36mg (13.34%), Vitamin C: 9.8mg (11.87%), Calcium: 70.83mg (7.08%), Vitamin E: 0.96mg (6.37%), Vitamin D: 0.22µg (1.45%)