



Carbonnade Beef and Beer Stew

 Popular

READY IN



225 min.

SERVINGS



6

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lbs chuck roast cut into 1-inch pieces
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 Tbsp butter divided
- ☐ 8 cups onions 1 yellow sliced
- ☐ 3 Tbsp flour all-purpose
- ☐ 1.5 cups beef broth
- ☐ 1.5 cups belgian beer (12 oz bottle)
- ☐ 4 sprigs thyme leaves fresh

- ☐ 2 bay leaves
- ☐ 1 Tbsp grain mustard whole
- ☐ 1 Tbsp brown sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ stove
- ☐ dutch oven

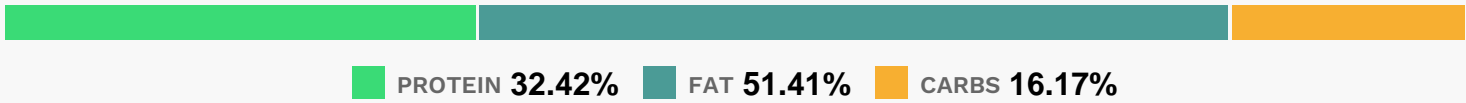
Directions

- ☐ Brown the beef: Pat beef dry with paper towels, then season well with salt and pepper. On the stove top, heat 2 tablespoons of butter in a large heavy bottomed dutch oven over medium-high heat until hot, almost smoking.
- ☐ Working in batches, brown the meat, without stirring, about 3 minutes on each side (do not stir, give the meat an opportunity to brown well).
- ☐ Transfer browned beef to a separate bowl.
- ☐ Add 2 tablespoons butter to dutch oven; reduce heat to medium.
- ☐ Add the onions and 1/2 teaspoon of salt; cook until onions are browned, about 15 minutes.
- ☐ Add flour and stir until onions are evenly coated and flour is lightly browned, about 2 minutes.
- ☐ Stir in broth, scraping pan bottom to loosen browned bits; stir in beer, thyme, bay, browned beef with any of the accumulated juices, and salt and pepper to taste. Increase heat to medium-high and bring to a full simmer. Reduce heat to low, partially cover, let cook for 2-3 hours until beef is fork tender. (Alternatively can cook in the oven at 300°F.)
- ☐ Stir occasionally, scraping up anything that is sticking to the bottom of the pan.
- ☐ About half an hour before it finishes cooking, add the mustard and brown sugar. Adjust seasonings to taste.
- ☐ Serve: Discard thyme and bay leaf. Adjust seasonings with salt and pepper to taste and serve. Can serve plain, with potatoes, over noodles, or over French fries.

☐

Whatever ale you have used in the cooking makes for a great drink accompaniment to the stew.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:7.37, Inflammation Score:-9, Nutrition Score:32.425652016764%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 43.32mg, Quercetin: 43.32mg, Quercetin: 43.32mg, Quercetin: 43.32mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 682.85kcal (34.14%), Fat: 38.54g (59.29%), Saturated Fat: 18.38g (114.87%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 23.29g (8.47%), Sugar: 11.04g (12.26%), Cholesterol: 202.92mg (67.64%), Sodium: 537.51mg (23.37%), Alcohol: 2.3g (100%), Alcohol %: 0.47% (100%), Protein: 54.68g (109.36%), Zinc: 20.33mg (135.55%), Vitamin B12: 7.29µg (121.56%), Selenium: 58.59µg (83.7%), Vitamin B6: 1.31mg (65.51%), Vitamin B3: 12.71mg (63.57%), Phosphorus: 588.02mg (58.8%), Potassium: 1256.51mg (35.9%), Iron: 6.44mg (35.75%), Vitamin B2: 0.5mg (29.15%), Vitamin B1: 0.31mg (20.8%), Vitamin C: 16.88mg (20.46%), Magnesium: 80.02mg (20%), Vitamin B5: 1.96mg (19.64%), Manganese: 0.38mg (18.83%), Fiber: 3.96g (15.85%), Folate: 60.93µg (15.23%), Copper: 0.26mg (13.05%), Calcium: 109.5mg (10.95%), Vitamin A: 311.29IU (6.23%), Vitamin K: 5.7µg (5.43%), Vitamin E: 0.78mg (5.18%), Vitamin D: 0.26µg (1.76%)