

DINNER

Guinness® Irish Stew

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
215 min	20 min	195 min	10	\$2.50	552 kcal



You can never have too many European recipes, so give Guinness® Irish Stew a try. This dairy free recipe serves 10 and costs \$2.5 per serving. One portion of this dish contains approximately 39g of protein, 27g of fat, and a total of 552 calories. It works well as a main course.

Ingredients

- ☐ 4 pounds boneless beef chuck roast, cut into 1 1/2-inch cubes
- ☐ 2 cups chopped carrot
- ☐ 2 pinches cayenne pepper
- ☐ 1/4 cup all-purpose flour
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 2 sprigs fresh thyme
- ☐ 4 cloves garlic, crushed
- ☐ 2 pinches salt and ground black pepper, or to taste
- ☐ 4 large potatoes, chopped
- ☐ 3 cups Irish stout beer (such as Guinness®), divided
- ☐ 1/4 cup tomato paste
- ☐ 1/4 cup vegetable oil

☐ 1 teaspoon water, or as needed

☐ 2 yellow onions, chopped

EQUIPMENT Bowl, Frying pan, Whisk, Wooden spoon, Dutch oven

Method

- ① Toss beef cubes with 2 tablespoons vegetable oil in a bowl.
- ② Whisk flour, salt, black pepper, and cayenne pepper in a separate bowl. Dredge beef cubes through flour mixture until evenly coated.
- ③ Heat 1/4 cup vegetable oil in a large skillet over medium-high heat; cook and stir coated beef cubes, working in batches, until beef is browned on all sides, 5 to 10 minutes.
- ④ Transfer browned beef to a Dutch oven or heavy-bottomed pot.
- ⑤ Cook and stir onions and garlic in the same skillet used for browning beef until lightly browned, 5 to 10 minutes.
- ⑥ Stir tomato paste with enough water to partially dilute; pour into onion mixture. Stir to blend. Reduce heat to medium, cover Dutch oven, and simmer for 5 minutes.
- ⑦ Pour half the Irish stout into the onion mixture, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ⑧ Transfer entire mixture to the browned beef.
- ⑨ Pour remaining half of Irish stout into beef mixture; add thyme.
- ⑩ Cover Dutch oven, reduce heat to low, and simmer for 2 hours.
- ⑪ Add potatoes and carrots and simmer, stirring every 20 minutes, until potatoes are soft, about 1 hour. Adjust salt as needed; garnish with parsley.

Nutrition per serving

552

KCAL

39 g

PROTEIN

27 g

FAT

37 g

CARBS

Saturated Fat	10.1 g · 63% of daily needs
Fibre	4.9 g · 20% of daily needs
Sugar	4.1 g · 5% of daily needs
Sodium	227 mg · 10% of daily needs
Cholesterol	125 mg · 42% of daily needs
Vitamin C	35.6 mg · 43% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/guinness-irish-stew-147898