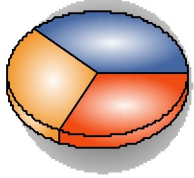




## Beef and Guinness Stew

Recipe grams: 3370.48g/118.9oz

Serves 6 561.75g/19.8oz per serving



Protein: 37%  
Carbohydrates: 31%  
Fat: 32%

### INGREDIENTS

- 1 tbsp OLIVE OIL, SALAD OR COOKING
- 1 1/2 lb BEEF CHUCK EYE ROAST, BONELESS, AMERICA'S BEEF ROAST, RAW
- 2 large ONION, RAW
- 6 oz TOMATO PASTE, NO SALT, CANNED
- 4 cup BROTH, BEEF, RTS, BROTH/BOUILLON CANNED
- 1 can GUINNESS STOUT
- 1/4 cup RAISIN, SEEDED, NOT PACKED
- 15 tbsp CARAWAY SEED
- 8 oz CARROT, RAW, 18.4 CM TO 21.6 CM LONG
- 8 oz PARSNIP, RAW, 16.5 X 2.5 CM DIA
- 8 oz TURNIP, RAW
- 2 tbsp PARSLEY, RAW

### DIRECTIONS

1. Heat 1/2 tablespoons oil in a Dutch oven over medium-high heat. Place flour in a shallow dish. Sprinkle beef with 1/2 teaspoon salt; dredge beef in flour. Add half of beef to pan; cook 5 minutes, turning to brown on all sides. Remove beef from pan with a slotted spoon. Repeat procedure with remaining 1/2 tablespoons oil and beef. Remove from pan.
2. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in broth and beer, scraping pan to loosen browned bits. Return meat to pan. Stir in remaining 1/2 teaspoon salt, raisins, caraway seeds, and pepper; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and bring to a boil. Cook 50 minutes, stirring occasionally. Add carrot, parsnip, and turnip. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally. Uncover and bring to a boil; cook 10 minutes or until vegetables are tender. Sprinkle with parsley.

Nutrition Facts	
Serving Size: 1 serving (561.7g)	
Servings: 1	
Amount Per Serving	
Calories 370	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 770mg	<b>32%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 12g	<b>47%</b>
Sugars 11g	
<b>Protein</b> 32g	
Vitamin A 10%	• Vitamin C 50%
Calcium 20%	• Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet.	