

IRISH BEEF & GUINNESS STEW

ACTIVE TIME:

33 minutes

TOTAL TIME:

2 hours 35 minutes

YIELD:

4-6 minutes

INGREDIENTS

- 1 lbs. boneless angus beef, trimmed & cut into 1-in. cubes*
- 2½ cups chopped onion*
- ¾ cups (½-in.-thick) diagonal slices carrot*
- ¾ cups (½-in.-thick) diagonal slices parsnip*
- ½ cup (½-in.) cubed peeled turnip*
- 1 (11.2-oz.) bottle Guinness Stout*
- 1½ tablespoons canola oil
- ¼ cup all-purpose flour
- ½ teaspoon salt, divided
- ½ tablespoon tomato paste
- 2 cups fat-free, lower-sodium beef broth
- ½ tablespoon raisins
- ½ teaspoon caraway seeds
- ¼ teaspoon black pepper
- 2 tablespoons finely chopped fresh flat-leaf parsley

* *Ingredients included in 1836 Butchers St. Pattie's Day Kits*



INSTRUCTIONS

- 1 Heat oil in a Dutch oven over medium-high. Place flour in a shallow dish. Sprinkle beef with ¼ teaspoon salt; dredge beef in flour. Add beef to pan; cook until brown on all sides. Remove beef from pan with a slotted spoon and set aside.
- 2 Add onion to pan; cook approx. 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 ¼ teaspoon salt, raisins, caraway seeds, and pepper; bring to a boil. Cover, reduce heat, and simmer approx. 40 minutes, stirring occasionally.
- 3 Uncover and bring to a boil. Cook approx. 30 minutes, stirring occasionally.
- 4 Add carrots, parsnips, and turnips. Cover, reduce heat to low, and simmer approx. 20 minutes, stirring occasionally.
- 5 Uncover and bring to a boil; cook until vegetables are tender. Sprinkle with parsley.

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BUTCHERS

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