

# Beef and Beer Stew

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## Servings: 4

*3 tablespoons olive oil, divided*  
*3 onions, sliced*  
*2 cloves garlic, sliced*  
*1 1/2 pounds cubed stew beef*  
*1/2 cup all-purpose flour*  
*1 teaspoon Kosher salt*  
*pepper*  
*1 bottle (12 ounce) lager beer*  
*1 1/2 cups low-sodium beef broth*  
*1 tablespoon fresh thyme, chopped*  
*3 tablespoons fresh parsley, chopped*  
*2 tablespoons Dijon mustard*  
*3 large carrots, cut into four or five pieces*  
*2 medium red-skinned potatoes, cut into wedges*

## Preparation Time: 20 minutes

Heat one tablespoon of oil in a large, heavy-bottomed skillet over medium heat. Add the onions and cook, stirring occasionally, until softened but not browned, about 6 minutes. Add the garlic and cook 2 minutes longer, stirring once or twice. Place in a five- or six-quart slow cooker.

Heat two tablespoons of oil in the skillet. Toss the beef in the flour, salt and pepper. Working in batches, add the beef to the skillet in a single layer and cook, turning as necessary, until browned all over, 4 to 5 minutes. Place in the slow cooker.

Slowly whisk the beer into the remaining seasoned flour and add to the skillet. Stir in the broth, thyme, parsley and mustard. Bring to a simmer, stirring occasionally and pour into the slow cooker.

Add the carrots and potatoes to the slow cooker. Stir, cover, and cook on LOW until the beef is very tender, seven to eight hours.

Start to Finish Time: 8 hours 20 minutes

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Per Serving (excluding unknown items): 210 Calories; 11g Fat (45.3% calories from fat); 4g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 587mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	210
% Calories from Fat:	45.3%
% Calories from Carbohydrates:	47.8%
% Calories from Protein:	6.8%
Total Fat (g):	11g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	26g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	587mg
Potassium (mg):	356mg
Calcium (mg):	49mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	15364IU
Vitamin A (r.e.):	1536RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	52mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	210	Calories from Fat: 95
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### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	1g	7%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	587mg	24%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	4g	16%
<b>Protein</b>	4g	

<b>Vitamin A</b>	307%
<b>Vitamin C</b>	26%
<b>Calcium</b>	5%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.