

Beef and Beer Stew II

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Servings: 4

3 tablespoons olive oil, divided
3 onions, sliced
2 cloves garlic, sliced
1 1/2 pounds stew beef, cubed
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

Slow Cooker: 8 hours

In a large, heavy-bottomed skillet over medium heat, heat one tablespoon of oil. Add the onions. Cook, stirring occasionally, until softened but not browned, about 6 minutes. Add the garlic and cook for 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 flour, salt and pepper. Working in batches, add the beef to the skillet in a single layer. 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. 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

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

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
% Deficient: 0.0%

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

Calories 210 **Calories from Fat:** 95

% Daily Values*

Total Fat	11g	17%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	587mg	24%
Total Carbohydrates	26g	9%
Dietary Fiber	4g	16%
Protein	4g	
Vitamin A		307%
Vitamin C		26%
Calcium		5%
Iron		9%

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