

# Beef Stew with Stout

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 6

*1 1/2 tablespoons safflower oil*  
*1 1/2 pounds lean stew beef,*  
*trimmed and cut into one-inch cubes*  
*1 large onion, chopped*  
*8 ounces button mushrooms, wiped*  
*clean and halved*  
*2 tablespoons dark brown sugar*  
*2 cups unsalted brown or veal stock*  
*12 ounces stout OR dark beer*  
*1/2 teaspoon salt*  
*freshly ground black pepper*

## Preparation Time: 40 minutes

Heat one tablespoon of the safflower oil in a large, heavy-bottomed skillet over medium-high heat. Add the beef cubes and saute' them , turning them frequently, until they are browned all over - about 8 minutes. Using a slotted spoon, transfer the beef to a heavy-bottomed pot.

Add the remaining 1/2 tablespoon of oil to the skillet along with the onion, mushrooms and brown sugar. Saute' the mixture, stirring frequently, until the mushrooms begin to brown and their liquid has evaporated - about 10 minutes. Transfer the onion-mushroom mixture to the pot, then add the stock, the stout or dark beer, the salt and some pepper.

Reduce the heat to very low, cover the pot, and gently simmer the stew until the beef is tender - one and a half to two hours.

Start to Finish Time: 2 hours 15 minutes

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Per Serving (excluding unknown items): 63 Calories; 4g Fat (47.4% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 181mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	63	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.4%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates:	47.1%
% Calories from Protein:	5.4%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	181mg
Potassium (mg):	185mg
Calcium (mg):	11mg
Iron (mg):	5mg
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	63	Calories from Fat: 30
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### % Daily Values\*

<b>Total Fat</b>	4g	5%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	181mg	8%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		4%
<b>Calcium</b>		1%
<b>Iron</b>		26%

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