

Beef

Light Beer Stew

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Servings: 4

1 pound lean round steak
vegetable cooking spray
1 teaspoon vegetable oil
1 cup onion, chopped
1 can (12 ounce) light beer
2 bay leaves
1/2 teaspoon dried whole thyme
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
5 medium carrots, scraped and cut into 1/2-inch slices
1/2 pound fresh mushrooms
2 teaspoons cornstarch
2 tablespoons water
3 slices (1/4-inch) whole wheat bread, toasted
1 tablespoon Dijon mustard

Trim the excess fat from the steak. Partially freeze the steak. Slice across the grain into thin strips.

Coat a small, heavy Dutch oven with cooking spray. Add the oil and place over medium-high heat until hot. Add the meat to the Dutch oven. Cook until the meat is browned.

Reduce the heat to medium-low. Add the onion and cook for 10 minutes or until the onion is tender and lightly browned.

Stir in the beer, bay leaves, thyme, pepper, salt, carrots and mushrooms. Bring to a boil. Cover and reduce the heat. Simmer for one to one and one-half hours or until the meat is tender.

In a bowl, combine the cornstarch and water, stirring until blended. Stir into the meat mixture. Cook, uncovered, an additional 10 minutes, stirring occasionally. Remove and discard the bay leaves.

Cut each slice of toasted bread into two triangles. Spread evenly with mustard.

Spoon the stew into bowls. Float the toast triangles on top of the stew.

Coat a small heavy Dutch oven with cooking spray. Add the oil and place over medium-high heat until hot. Add the meat to the Dutch oven and cook until the meat is browned.

Per Serving (excluding unknown items): 163 Calories; 3g Fat (15.4% calories from fat); 5g Protein; 28g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 329mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1/2 Fat; 0 Other Carbohydrates.