

Slow Cooker Barbecue Beer Beef Stew

*Katie Workman
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Servings: 6

*3 pounds beef stew meat, cut into
1-1/2 inch cubes
Kosher salt (to taste)
freshly ground pepper (to taste)
1 teaspoon garlic powder
2 teaspoons olive or vegetable oil
1 1/2 cups onion, chopped
1 cup barbecue sauce
1 cup beef broth
3/4 cup beer
2 tablespoons honey
1 tablespoon Dijon mustard
1 cup peeled parsnips, cut into
1/2-inch pieces
1 cup peeled carrots, cut into
1/2-inch pieces
1 pound egg noodles*

Preparation Time: 30 minutes

Slow Cooker Time: 6 hours

Season the beef evenly with salt, pepper and the garlic powder.

In a large pan over medium-high heat, heat the oil. Working in batches, cook the meat until it is browned, about 8 minutes for each batch. Don't crowd the beef pieces in the pan. Set the meat aside.

Pour off all but two teaspoons of fat from the pan. Add the onions. Saute' them for 3 minutes until lightly browned. Add the onions to the slow cooker. In the slow cooker, mix together the barbecue sauce, beef broth, beer, honey and mustard. Add the parsnips, carrots and browned beef. Stir to combine.

Cook on LOW for six to eight hours until the meat is tender.

When the stew is ready, prepare the egg noodles according to package directions. Serve the stew hot with the noodles.

Per Serving (excluding unknown items): 765 Calories; 24g Fat (28.7% calories from fat); 62g Protein; 71g Carbohydrate; 3g Dietary Fiber; 197mg Cholesterol; 737mg Sodium. Exchanges: 3 1/2 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.