

Special Irish Beef Stew

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Servings: 8

*2 teaspoons vegetable oil
1 pound lean beef stew meat
2 tablespoons flour
2 cups fresh mushrooms, sliced
1/2 cup onion, chopped
6 cloves (2 tablespoons) garlic, minced
2 cups low-sodium beef broth
1 can (14.5 ounce) diced tomatoes with juices
1 bottle (12 ounce) irish stout beer (not extra stout)
2 tablespoons tomato paste
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon dried thyme
4 cups carrots, sliced
2 large (one pound) potatoes, peeled and diced
1 tablespoon cornstarch
1 tablespoon cold water
1 tablespoon balsamic vinegar
1/4 cup fresh parley, chopped*

Preparation Time: 20 minutes

In a large pot over medium-high heat, heat the oil. Coat the beef pieces with flour, shaking off the excess. Transfer to the pot and brown on all sides, about 4 minutes total. Remove the beef from the pot. Add the mushrooms, onion and garlic. Cook, stirring constantly, until the onion is tender, about 3 minutes.

Return the beef to the pot. Add the broth, diced tomatoes, beer, tomato paste, salt, pepper and thyme. Bring to a boil. Reduce the heat, cover and simmer for one hour. Add the carrot and potatoes. Return to a boil. Reduce the heat. Cover. Simmer until the beef and vegetables are tender, about 30 minutes.

Stir together the cornstarch and cold water in a bowl. Stir into the pot along with the balsamic vinegar. Simmer until thickened and bubbly, about 4 minutes.

Sprinkle with parsley.

Per Serving (excluding unknown items): 88 Calories; 1g Fat (13.8% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 325mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 0 Fruit; 0 Fat.