

Guinness Beef Stew

Heart Health

Items Needed: cutting board, knife, soup pot, wooden spoon

Makes: 8 servings

Ingredients:

- 1 tbsp olive oil
- 1 tbsp butter
- ¼ cup flour
- 1 bottle (12 oz) Guinness beer
- 1 lb beef chuck
- 1 white or yellow onion (your preference) medium dice
- 2 yukon gold potatoes, broken down into large dice
- 2 large carrots, cut diagonally
- 2 cloves garlic, rough chopped
- 1 turnip, medium dice
- 1 parsnip, medium dice
- 1 bay leaf
- Fresh or dried herbs of your choice. I recommend thyme and parsley

Directions:

1. In a non stick pan add a touch of the olive oil on medium heat and allow to warm up for approximately 30-45 seconds. Sear the beef, season with salt and pepper and allow to cook until its golden on one side.
2. Flip, season and allow to continue to cook on the opposite side.
3. When seared on both sides, remove the chuck from the pan and place in a baking dish, place in an inch or so of stock and cover with aluminum foil. Place in a 300 degree oven.
4. Add the remaining oil and butter to the soup pot, add the veggies and cook for approximately 2-3 minutes, until the onions and garlic start to soften.
5. Add the flour to the mixture, stir, letting it coat the veggies and soak into the oil and butter.
6. Slowly add in the Guinness and scrape the bottom of the pan to allow the flavor or fond on the bottom to come into the soup. Once the caramelized pieces are soaked up. Add the stock, bay



leaf, thyme and let the soup come up to a boil, reduce the heat to a simmer and allow the soup to thicken and reduce while the vegetables cook through.

7. Check on the roast at this time, if the beef shreds easily, remove from the oven and let rest, if not, allow to cook for longer until the beef shreds. (this would be easy to do ahead of time and then have available to save time when making the actual stew OR a pressure cooker can speed up this process as well.)
8. Taste and adjust the seasonings as needed, if you prefer a little thicker stew, you can use a slurry to thicken a little further.
9. Add the shredded beef and serve.

Nutrition Information (per 1/4 recipe):

Calories: 202 Fat: 6.8 g Sat Fat: 4.2 Carbs: 20.1 g Protein: 14.2 g Fiber: 3.4 g

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