

Beef Stew

PREP TIME: 20 minutes

TOTAL TIME: 2 hours 50 minutes

Serves 8

The meat should fall apart if you just look at it. And the thicker, more flavorful the sauce, the better.

- 3 Tbsp olive oil
- 2 lb cubed beef stew meat (1½")
- 1 med onion, diced
- 3 cloves garlic, minced
- 12 oz beer (pale lager)
- 3½ c beef broth
- 2 Tbsp tomato paste
- 1 Tbsp Worcestershire sauce
- 1½ tsp sugar
- ½ tsp paprika
- 8 new potatoes (1½"-2" diameter), quartered

- 4 carrots, sliced diagonally
- 3 Tbsp all-purpose flour
- Finely chopped fresh parsley (optional)
- Crusty bread (optional)

Heat oil in large pot or Dutch oven over medium-high heat. Season beef. Working in 2 batches, brown meat on all sides, 6 minutes. Remove to plate.

Add onion to pot and reduce heat to low. Cook, stirring, until softened, 3 minutes. Add garlic and cook, stirring, 1 minute.

Pour in beer. Add broth, tomato paste, Worcestershire, sugar, paprika, ½ tsp kosher salt, and pepper to taste.

Return beef to pot. Simmer until meat is tender, 1½ to 2 hours.

Stir in potatoes and carrots. Simmer until vegetables are tender and meat is very tender, 30 to 40 minutes longer.

Remove 1 cup of liquid from pot and slowly whisk in flour. Stir back into pot and bring to a gentle boil. Reduce heat and simmer until thickened, 10 minutes. Season. Sprinkle with parsley (if using). Serve with bread, if desired.

NUTRITION (per serving)
434 cal, 25 g pro, 19 g carb,
2 g fiber, 26.5 g fat, 9 g sat fat,
523 mg sodium