BEEF AND GUINNESS STEW

This hearty Irish stew is perfect for chilly winter nights when you need a little extra comfort food!

INGREDIENTS

- 3 tbsp canola oil, divided
- 1/4 cup all purpose flour
- 2 lbs boneless chuck roast, trimmed and cut into 1 inch cubes
- 1 tsp salt, divided
- 5 cups chopped onion (about 3 onions)
- 1 tbsp tomato paste
- 4 cups fat free, low sodium beef broth (or broth of your choice)
- 1 bottle (11.2 oz) Guinness Stout
- 1 tbsp raisins
- 1 tsp caraway seeds
- 1/2 tsp black pepper
- 1 1/2 cups (1/2 inch thick) diagonal carrot slices
- 1 1/2 cups (1/2 inch thick) diagonal parsnip slices
- 1 cup (1/2 inch) cubed peeled turnip
- 2 tbsp finely chopped fresh flat leaf parsley

DIRECTIONS

- Heat a Dutch oven over med-high heat Add 1 1/2 tbsp oil to pan; swirl to coat. Place flour in a shallow dish. Sprinkle beef with 1/2 tsp salt; dredge beef in flour. Add half of beef to pan; cook 5 minutes, turning to brown on all sides. Remove beef from pan with a slotted spoon. Repeat procedure with remaining 1 1/2 tbsp oil and beef.
- Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in broth and beer, scraping pan to loosen browned bits. Return meat to pan. Stir in remaining 1/2 tsp salt, raisins, caraway seeds and pepper; bring to a boil. Cover, reduce heat and simmer 1 hour, stirring occasionally. Uncover and bring to a boil. Cook 50 minutes, stirring occasionally. Add carrot, parsnip and turnip. Cover, reduce heat to low and simmer 30 minutes, stirring occasionally. Uncover and bring to a boil; cook 10 minutes or until vegetables are tender. Sprinkle with parsley and enjoy!