

Irish Beef Stew

Yield: 5 min

Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-and-guinness-stew-recipes>

Ingredients:

- 1 1/4 pounds beef stew meat well-marbled chuck, cut into 1 1/2-inch chunks
- 3 teaspoons salt more to taste
- 1/4 cup olive oil
- 6 large garlic cloves minced
- 4 cups beef stock or broth
- 2 cups water
- 1 cup guinness extra stout
- 1 cup red wine hearty
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon worcestershire sauce
- 2 bay leaves
- 2 tablespoons butter
- 3 pounds russet potatoes peeled, cut into 1/2-inch pieces, about 7 cups
- 1 onion large, chopped, 1 1/2 to 2 cups
- 2 cups carrots pieces peeled, and/or parsnips, 3 to 4 carrots or parsnips
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 10 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1970 milligrams

9. Sugar: 12 grams

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