

Beef Stew with Ale

Yield: 12 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-brisket-and-turnip-recipe>

Ingredients:

- 2 pounds beef brisket trimmed and cut into 2-inch pieces
- salt
- black pepper
- 2 tablespoons all-purpose flour
- 5 tablespoons canola oil
- 2 cups mushroom caps diced portobello
- 1 1/2 cups pearl onions peeled
- 1 cup carrot diced
- 1 cup celery root diced, celeriac
- 1 cup turnip diced
- 2 cloves garlic minced
- 24 fluid ounces lager beer or bottles brown
- 2 cups beef broth
- 1 cup potato diced
- 1 tablespoon malt vinegar
- 4 sprigs fresh thyme chopped
- 2 sprigs fresh rosemary chopped

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 45 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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