

Guinness Beef Stew

Yield: 7 min
Total Time: 105 min

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

Ingredients:

- 4 tablespoons canola oil
- 1 teaspoon salt
- 2 pounds stew beef like chuck roast, cut into 1-inch pieces
- 1/3 cup flour
- 3 cloves garlic minced
- 1 onion large, diced
- 1 tablespoon tomato paste
- 4 cups beef stock or beef broth
- 12 ounces guinness
- 2 prunes minced
- 1 tablespoon caraway seeds
- 1 teaspoon cracked black pepper fresh
- 1 1/2 cups carrots roughly chopped
- 1 1/2 cups parsnips roughly chopped
- 3 tablespoons flat-leaf parsley fresh, minced

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 650 milligrams
8. Sugar: 6 grams

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