

Irish Stew

Yield: 6 min
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/irish-potato-candy-recipes>

Ingredients:

- 2/3 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 3 pounds chuck roast trimmed and cut in bite size pieces
- 1/4 cup vegetable oil
- 1 sweet onion large, chopped
- 3 cloves garlic minced
- 1/2 teaspoon crushed rosemary
- 1/2 teaspoon fresh ground black pepper
- 2 cups stout beer
- 1/2 tablespoon Worcestershire sauce
- 3 cups beef broth
- 3 tablespoons tomato paste
- 2 bay leaves
- 4 carrots peeled and cut in chunks
- 3 russet potatoes peeled and chunked
- 4 sprigs thyme

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 150 milligrams
4. Fat: 50 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 17 grams
8. Sodium: 850 milligrams
9. Sugar: 7 grams

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