

Beef and Guinness Stew

Deb Lindsey - *The Washington Post* (Recipe adapted from "The New Way To Cook Light"
The Palm Beach Post)

Servings: 8

Yield: 10 cups

1/4 cup flour

1 teaspoon salt, plus more as needed

*2 to 2-1/2 pounds boneless chuck
roast, trimmed of all visible fat and
cut into one-inch cubes*

3 tablespoons canola oil

*3 medium-to-large (5 cups) onions,
chopped*

1 tablespoon tomato paste

4 cups no-salt-added beef broth

12 ounces Guinness Stout

*1 tablespoon dried currants (may
substitute dark raisins)*

1 teaspoon caraway seed

*1/2 teaspoon freshly ground black
pepper, plus more as needed*

*2 or 3 (1-1/2 cups) medium carrots
(5 ounces total), peeled and roll-cut*

*3 (1-1/2 cups) parsnips (5-6 ounces
total), peeled and roll-cut into*

1/2-inch-thick pieces

*1 turnip (8-ounce), peeled and roll-cut
into 1/2-inch-thick cubes*

*2 tablespoons flat-leaf parsley (for
garnish), chopped*

Combine the flour, salt and meat in a large resealable plastic food storage bag. Seal and shake to coat evenly.

Heat a Dutch oven or large, heavy-bottomed pot over medium-high heat. Add half the oil and swirl to coat the bottom. Add half the meat, shaking off any excess flour back into the bag. Cook for several minutes, until the meat is browned on all sides but not cooked through, turning it as needed. Use a slotted spoon to transfer the cubes to a bowl. Repeat with the remaining oil and meat. Discard any excess flour.

Use a wooden spoon to dislodge any browned bits on the bottom of the pot. Add the onions and stir to coat. Cook for about 5 minutes or until just softened, then clear a spot at the center of the pot and add the tomato paste. Cook for a few minutes until the tomato paste is fragrant. Stir in the broth and beer.

Return all the meat to the pot, along with the dried currants, caraway seed and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook for one hour, stirring occasionally.

Uncover and increase the heat to medium-high. Once the stew comes to a boil, cook for 10 minutes or until the vegetables are tender. Taste and season with salt and pepper as needed.

Sprinkle with parsley just before serving.

To make sure you have enough lean meat for the stew, buy a larger piece than you need.

To produce roll-cut pieces on linear vegetables such as carrots and parsnips, make a cut on the diagonal, then rotate a quarter-turn before you make the next cut.

To Make Ahead: Freeze the cooled stew in one- or two-serving portions for up to three months. Defrost in the refrigerator during the day. Reheat in a saucepan over medium-low heat until warmed through.

Per Serving (excluding unknown items): 78 Calories; 5g Fat (59.2% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 284mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.

Beef

