

Irish Chop Suey

*Alison Ladman - The Associated Press
Palm Beach Post*

Servings: 6

*6 12-ounce bottles Guinness
1 package (16 ounces) wide egg
noodles
1 1/2 pounds 90% lean ground beef
1 large yellow onion, chopped
2 cloves garlic, minced
3 tablespoons all-purpose flour
1 tablespoon brown mustard
2 tablespoons Worcestershire sauce
1 teaspoon dried thyme
salt and ground black pepper
3 scallions (white and green parts),
chopped*

In a large stockpot over medium-high, bring the Guinness to a boil. Add the egg noodles and cook until al dente according to the package directions. Drain the noodles, but reserve three cups of the liquid (add water if needed to have three cups). Set both aside.

Meanwhile, in a large, deep skillet over medium-high, combine the ground beef, onion, and garlic. Saute' until browned and cooked through, about 10 minutes.

Add the flour and stir to coat. Stir in the mustard, Worcestershire sauce, thyme and reserved Guinness. Cook for 5 minutes or until the sauce has thickened. Season with salt and black pepper.

Stir in the egg noodles and serve topped with scallions.

Per Serving (excluding unknown items): 30 Calories; trace Fat (8.5% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	trace
% Calories from Fat:	8.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	78.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	trace
			10mcg

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 84mg
Potassium (mg): 82mg
Calcium (mg): 19mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 14IU
Vitamin A (r.e.): 2 1/2RE

Folacin (mcg):
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 30 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	84mg	3%
Total Carbohydrates	6g	2%
	Dietary Fiber 1g	2%
Protein	1g	
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Vitamin A		0%
Vitamin C		18%
Calcium		2%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.