Vegetable-Beef Stew

We enjoyed this hearty stew with beef, but cubed leg of lamb would work, as well. For robust Irish flavor, use Guinness Stout or another stout for the beer that's specified in the recipe.

Cooking Light MARCH 2004

Yield: 4 servings (serving size: 1 1/2 cups)

Photo by: Becky Luigart-Stayner; Melanie J. Clarke

Ingredients

2 teaspoons vegetable oil

1 pound beef stew meat

1 (14-ounce) can low-salt beef broth

1 (12-ounce) bottle beer

1 1/2 cups cubed peeled baking potato

1 cup (1/2-inch) cubed peeled turnips (about 2 medium)

1 cup thinly sliced leek (about 1 large)

1 cup (1/2-inch-thick) slices carrot

3 thyme sprigs

1 bay leaf

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup water

2 tablespoons all-purpose flour

1 tablespoon fresh lemon juice

1 teaspoon sugar

1/4 cup chopped fresh parsley

Thyme sprigs (optional)

Preparation

Heat the oil in a Dutch oven over medium-high heat. Add beef, and cook 5 minutes, browning on all sides. Add beef broth and next 9 ingredients (broth through black pepper), stirring to combine; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until vegetables are tender, stirring occasionally. Discard bay leaf and thyme sprigs.

Combine 1/4 cup water, flour, lemon juice, and sugar, stirring well with a whisk. Add flour mixture to beef mixture, stirring constantly; bring to a boil. Cook 3 minutes or until slightly thick, stirring constantly. Remove from heat, and stir in parsley. Garnish with thyme sprigs, if desired.

Nutritional Information

Amount per serving

Calories: 337   Calories from fat: 30%   Fat: 11.3g   Saturated fat: 3.5g   Monounsaturated fat: 3.9g

Polyunsaturated fat: 2.1g   Protein: 24.6g   Carbohydrate: 27.5g   Fiber: 3.7g   Cholesterol: 55mg

Iron: 4.4mg   Sodium: 434mg   Calcium: 56mg

Search for Recipes by Nutrition Data

Go to full version of
Vegetable-Beef Stew recipe