

Healthy Food for a Wealthy Mood



Hearty Beef & Stout Stew

12 oz. boneless beef chuck, trimmed and thinly sliced
¼ tsp. salt
¼ tsp. black pepper
5 tsp. olive oil, divided
2 cups finely chopped onion
1 ½ cups diagonally cut carrots, ¼ in. thick
6 oz. cremini mushrooms, sliced
3 thyme sprigs
1 Tbsp. tomato paste
2 tsp. minced garlic
¾ cup stout beer
1 ½ cups unsalted beef stock
1 Tbsp. all-purpose flour
1 ½ tsp. lower sodium soy sauce

Sprinkle beef with salt and pepper. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan and swirl to coat. Add beef to pan and cook for 3 minutes, browning on all sides. Remove beef from pan. Add the remaining 2 teaspoons oil to pan, swirl to coat. Add chopped onion, carrot, mushrooms, and thyme sprigs; sauté for 4 minutes. Add tomato paste and minced garlic; sauté 1 minute. Add beer; cook 1 minute, scraping pan to loosen browned bits.

Combine beef stock and flour in a small bowl, stirring with a whisk. Add stock mixture to pan. Cover, reduce heat, and simmer 15 minutes. Stir in beef and cook 1 minute or until thoroughly heated. Stir in soy sauce. Discard thyme.

Serves 4

CAL 318; FAT 16.7g; PROTEIN 20.8g; CARB 18.9g; FIBER 3.5g;
CHOL 66mg; IRON 2.3mg; SODIUM 370mg; CALC 51mg

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