



Irish Stout Beef Stew

Prep: 20 minutes

Cook: 2 hours • Serves: 10

- 13 tablespoons olive oil
- 2½ pounds CAB® boneless chuck roast, cut into 1-inch pieces
- 2 teaspoons kosher salt
- ½ teaspoon ground black pepper
- 1 medium yellow cooking onion, halved and thinly sliced
- 2 garlic cloves, minced
- ¼ cup all-purpose flour
- 2 bottles (11.2 ounces each) Irish draught stout
- 6 medium Market32 red potatoes, cut into 1-inch pieces (about 1 pound)
- 3 thyme sprigs
- 2 medium carrots, chopped
- 3 cups less-sodium beef broth
- 2 cups thinly sliced green cabbage
- Chopped fresh parsley for garnish

1. In large saucepot, heat 2 tablespoons oil over medium-high heat. Add beef, 1 teaspoon salt and pepper; cook 5 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

2. In same saucepot, cook onion and remaining 1 tablespoon oil 5 minutes or until onion begins to soften, stirring occasionally. Add garlic; cook 1 minute, stirring frequently. Stir in flour; cook 1 minute, stirring frequently. Add stout; cook 2 minutes, scraping browned bits from bottom of saucepot with wooden spoon.

3. Reduce heat to low; stir in potatoes, thyme sprigs, carrots, broth and beef. Cover; cook 1 hour, stirring occasionally. Uncover; cook 45 minutes longer or until beef and vegetables are tender, stirring occasionally and adding cabbage after 20 minutes. Stir in remaining 1 teaspoon salt; remove and discard thyme sprigs. Serve stew garnished with parsley. Makes about 10 cups.

*Approximate nutritional values per serving (1 cup):
397 Calories, 20g Fat (7g Saturated), 104mg Cholesterol,
592mg Sodium, 19g Carbohydrates, 2g Fiber, 3g Sugars, 29g Protein*