

# SPOTLIGHT RECIPE



Thompson  
DeLight

*Recipes under 450 calories*

## BEEF-AND-GUINNESS STEW

- \* CHEF'S NOTE: Do not use Guinness Extra Stout in this recipe; it's too bitter.
- Adjust an oven rack to the lower-middle position and heat the oven to 325 F.
- Season the beef with salt and freshly ground pepper.
- Heat the oil in a Dutch oven over medium-high heat; add the onions and the cayenne pepper. Cook, stirring occasionally, until well browned, 8 to 10 minutes.
- Add the tomato paste and garlic and cook for 2 minutes. Stir in the flour and cook for 1 minute.
- Whisk in the chicken stock, Guinness and thyme, scraping any browned bits on the bottom of the pot. Bring to a simmer; cook until slightly thickened, about 3 minutes. Stir in the beef and return to a simmer.
- Transfer the pot to the oven and cook, uncovered, for 90 minutes, stirring halfway through cooking.
- Stir in the potatoes and carrots and continue cooking until the beef and vegetables are tender, about 1 hour, stirring halfway through cooking. Remove the pot from the oven and stir in the remaining 1/2 cup of Guinness and the parsley. Season with salt and pepper to taste and serve.

## Ingredients

Servings: 6

- 2 pounds lean beef
- 1 teaspoon salt
- 1 teaspoon black pepper, freshly ground
- 3 tablespoons vegetable oil
- 2 onions, chopped
- 1 teaspoon cayenne pepper
- 2 tablespoons tomato paste dissolved in 4 tablespoons water
- 1 clove garlic, chopped
- 2 tablespoons all-purpose flour
- 1 cup chicken stock
- 1 teaspoon dried thyme
- 1 1/4 bottles Guinness beer\*
- 1 sprig thyme
- 4 medium, firm, waxy potatoes (Yukon Gold)
- 3/4 cup carrots, cut into chunks
- Parsley, chopped finely, for garnish

