

Hearty Beef and Beer Stew with Beans

Warm up with this rich and flavorful beef stew, infused with the depth of beer and the heartiness of beans. Perfect for a cozy night in, this dish is sure to satisfy your cravings.


40 min

Total time

medium

Difficulty

500

kcal / serving

Ingredients

- 150g beef chuck, cut into cubes
- 1/2 cup dark beer
- 1/2 cup canned beans (like kidney or black beans), rinsed and drained
- 1/2 medium onion, chopped
- 1 small carrot, diced
- 1 clove garlic, minced
- 1/2 cup beef broth
- 1 tsp tomato paste
- 1 tsp dried thyme
- Salt and pepper to taste
- 1 tbsp olive oil
- Fresh parsley for garnish (optional)

Steps

- 1 In a pot, heat the olive oil over medium heat. Add the beef cubes and brown on all sides.
- 2 Add the chopped onion, diced carrot, and minced garlic. Sauté for about 5 minutes until vegetables are softened.
- 3 Stir in the tomato paste, and cook for another minute.
- 4 Pour in the dark beer and beef broth. Bring to a simmer.
- 5 Add the beans and dried thyme. Season with salt and pepper.
- 6 Cover the pot and let it simmer on low heat for about 30 minutes, stirring occasionally.
- 7 Taste and adjust seasoning if necessary. Serve hot, garnished with fresh parsley if desired.