



theartfulgourmet

The Coziest Irish Stout Beef Stew (Slow-Braised with Guinness)

Rich Irish stout beef stew braised with Guinness, carrots, and potatoes. A cozy winter comfort food recipe perfect with rye bread or Irish brown bread.

Prep Time
30 mins

Cook Time
2 hrs 15 mins

Total Time
2 hrs 45 mins

Servings: 8

Course: Main Course

Cuisine: Irish

Calories: 420



Ingredients



Equipment



Method



Notes

Ingredients

- 1 cup seasoned pan-searing flour ^ v
(Wegmans or Wondra)

- 4 tbsp canola oil, divided

- 2 lbs boneless chuck beef, cut into 1-inch cubes

- 1 1/2 large onions, sliced

- 2 tbsp minced garlic (3–4 cloves)

- 1 tbsp Worcestershire sauce

- 1 bottle Irish stout beer (such as Guinness)

- 1 (8.5 oz) jar Williams-Sonoma Beef Stew Braising Sauce

- 1 (14 oz) can low-sodium beef broth

Method

1. Preheat oven to **350°F**. Heat **2 tablespoons canola oil** over medium-high heat in a large cast-iron enamel braising pan or Dutch oven.
2. Dredge the beef cubes in seasoned pan-searing flour. Brown in the hot oil for about **5 minutes**, turning to brown all sides. Remove with a slotted spoon and set aside.
3. Add sliced onions to the pan with the remaining **2 tablespoons oil** and sauté about **5 minutes**, until softened. Add minced garlic and cook **1 minute more**.
4. Add **Worcestershire sauce** and the **Irish stout beer**, stirring and scraping the pan to release the browned bits. Add the **beef broth** and simmer for a few minutes.
5. Return the beef to the pot. Add chopped tomatoes, carrots, potatoes, the **Beef Stew**

4 Roma tomatoes, finely chopped in a food processor

2 cups baby carrots or large carrot chunks

6 Yukon Gold potatoes, quartered into chunks

1 pkg frozen baby peas

1/4 cup starch or roux thickener mixed with water (optional)

Salt and pepper, to taste

Fresh parsley, chopped, for garnish

Rye bread or Irish brown bread, for serving

Braising Sauce, and salt and pepper to taste. Bring to a boil.

6. Cover and transfer the pot to the oven. Braise for **1 hour**.

7. Remove the pot from the oven, stir, and reduce oven temperature to **300°F**.

8. If the stew needs thickening, stir in the **starch or roux slurry** until desired consistency is reached. (You can also mash a few potatoes to naturally thicken the stew.)

9. Return the pot to the oven and braise **30 minutes to 1 hour longer**.

10. Add the **baby peas during the last 5 minutes** of cooking.

11. Remove from oven and let the stew rest **15–20 minutes** on the stovetop to thicken slightly before serving.

12. Serve with **rye bread or Irish brown bread**, plenty of **Irish butter (Kerrygold is my favorite)**, and a glass of **Guinness or your favorite dark beer**.

Equipment

1 Dutch Oven



Notes

This rich **Irish stout beef stew** is the ultimate cozy comfort food. Tender beef chuck slowly braised with Guinness, carrots, potatoes, and savory spices in a Dutch oven until melt-in-your-mouth delicious.

Perfect for chilly nights, St. Patrick's Day dinners, or anytime you crave a hearty homemade stew.

✓ Easy slow braise method ✓ Deep flavor from Irish stout beer ✓ Classic comfort food recipe

Recipe Tips

- **Use chuck roast** for the most tender stew meat.
- **Guinness stout** adds deep flavor but any dark stout works well.
- Mash a few potatoes into the broth for a naturally thicker stew.

Storage & Reheating

Refrigerator: Store in an airtight container up to **4 days**.

Freezer: Freeze up to **3 months**.

Reheat: Warm gently on the stovetop with a splash of broth.

Nutrition (Approximate)

Calories: ~420 per serving Protein:

32g Carbohydrates: 28g Fat: 18g

