

## Steak and stout stew

Serves 4-6

**1tbsp oil**

**small knob of butter**

**900g stewing steak, cubed**

**2 onions, peeled and sliced**

**2tbsp flour**

**salt and pepper**

**2 carrots, peeled and sliced**

**300ml Guinness**

**1tsp soft brown sugar**

**freshly chopped parsley, for garnish**

*To serve*

**Oatcakes**

- 1** Heat the oil and butter in a large saucepan and cook the meat until lightly browned. Remove with a slotted spoon and set aside.
- 2** Add the onions and fry until softened. Stir in the flour and seasoning, then return the meat to the saucepan with the carrots, Guinness and sugar.
- 3** Stir well and bring to the boil, then cover and simmer gently for 2-2½ hours or until the meat is tender.
- 4** Serve garnished with chopped parsley and oatcakes.

|         |     |        |     |        |         |
|---------|-----|--------|-----|--------|---------|
| Fat     | 20g | Carbs  | 7g  | Energy | 339kcal |
| Protein | 31g | Sodium | .1g | Fibre  | 1g      |

