

# Skillet Beef and Beer Stew



**POINTS®** Value: 5

Servings: 4

Preparation Time: 20 min

Cooking Time: 40 min

Level of Difficulty: Easy

This hearty one-pot meal can be prepared in just one hour. Double the recipe and freeze for too-busy-to-cook days.

## Ingredients

- 1 spray(s) olive oil cooking spray
- ◆ 12 oz lean beef round, roast, cut into cubes
- ◆ 1 medium onion(s), chopped
- ◆ 1 medium bell pepper(s), chopped
- 2 medium garlic clove(s), minced (or 1 tsp jarred minced garlic)
- ◆ 2 medium potato(es), peeled and diced
- ◆ 24 medium baby carrots, about 1/2 lb
- ◆ 1 cup(s) fat-free beef broth
- 8 oz light beer
- ◆ 1/4 cup(s) fat-free evaporated milk
- 2 Tbsp cornstarch
- ◆ 1 tsp paprika

## Instructions

- Coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add beef, onion, pepper and garlic; cook until beef is browned, stirring, about 3 minutes.
- Stir in potatoes, carrots, broth and beer; bring to a boil, reduce heat, cover and simmer until meat is tender, about 30 minutes.
- Stir together evaporated milk, cornstarch and paprika in a small cup; add to beef mixture and stir to combine. Cook until slightly thickened and bubbly, about 5 minutes; cook, stirring occasionally, for 2 minutes more. Yields about 1 1/2 cups per serving.