



SurvivalCaveFood.com™
Helping Families Prepare



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Recipe

Irish Beer Beef Stew

- 1 can (14.5 ounces) Survivalcavefood beef
- 1/2 pound carrots, peeled and cut into 1-inch chunks
- 3 large potatoes, peeled and cut into large chunks
- 1/2 white onion, cut into large chunks
- 2 cloves garlic, minced
- 1 cup beef broth
- 1 can (6 ounces) tomato paste
- 1/2 can or bottle (12 fluid ounces) Irish stout beer
- 1/2 tablespoon cold water
- 1/2 tablespoon cornstarch

Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the Survivalcavefood Brand beef on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer. Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes.

Other uses:

- Beef stew • Chili • Soups • Beef & Noodles • Tacos

Use any of your family recipes with cooked chicken, beef, turkey, pork or ground beef as ingredients. Substitute Survivalcavefood Heat & Serve Meats for a delicious, quick and familiar meal.

Serving suggestion



*All Natural**

- Fully Cooked
- No Added Water

LONG TERM FOOD STORAGE

Heat & Serve

BEEF

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

Amount Per Serving

Calories 110 **Calories from Fat 45**
% Daily Value*

Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 20%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS
Beef, salt
Refrigerate after opening

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