

# Drunken Slow Cooker Beef Stew (Beef Carbonnade)

*This slow cooker beef stew is made with Belgium beer and served over buttery egg noodles or mashed potatoes! The ultimate comfort food!*



4.51 from 55 votes

Prep Time  
10 mins

Cook Time  
8 hrs 10 mins

Total Time  
8 hrs 20 mins

Course: Entree, Main Course    Cuisine: Belgian    Servings: 12 servings  
Calories: 370kcal    Author: Amanda

## Ingredients

- 2 Tbsp olive oil
- 3-4 lbs boneless beef chuck roast (I usually use the English cut that's flat), cut into 1-2" pieces
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 2-3 Tbsp all-purpose flour
- 1 3/4 cup beef broth
- 2 large yellow onions, sliced in half, then sliced into thin strips
- 3 cloves garlic, minced
- 1 1/2 Tbsp beef base
- 12 oz dark beer (brown ale is best)
- 1 Tbsp whole grain dijon mustard
- 4 sprigs fresh thyme (can substitute with 1/2 tsp dried thyme)
- 2 bay leaves
- 2 Tbsp all-purpose flour + 3-4 Tbsp beef broth
- 12 oz extra wide egg noodles
- minced fresh parsley, for garnish

## Instructions

1. Season beef pieces with salt and pepper, then dredge in flour. Heat a large skillet (cast iron works super well here - or heat your cast aluminum slow cooker insert if you have one) over MED HIGH heat with olive oil. Shake off excess flour and brown beef in batches (don't overcrowd the pan) for several minutes, until you get a golden brown crust on all sides. Remove beef to plate, and continue with all batches.
2. When all beef is browned, add beef broth to skillet and use a wooden spoon to gently loosen the browned bits from the bottom of the skillet.
3. To bottom of a 6 quart slow cooker, add sliced onions, minced garlic, beef base, beer, and mustard. Stir together, then pour in beef broth from skillet. Top that with browned beef, thyme sprigs and bay leaves.
4. Cover slow cooker and cook on LOW for 8 hours.

5. About 20-30 minutes before serving, bring a big pot of water to a boil for the egg noodles.  
Mix 2 Tbsp flour and 3-4 Tbsp beef broth until no lumps remain. Stir into beef stew in slow cooker. Increase heat to HIGH and cook uncovered for 10-15 minutes.
6. Add egg noodles to boiling water and cook according to package directions. Drain and toss with a bit of olive oil or butter to prevent sticking, and a pinch of minced parsley.
7. To serve, add some egg noodles to bowl or plate. Top with a few ladles of beef carbonnade and sprinkle with some more minced parsley. Alternatively, add egg noodles to slow cooker and stir it all together, then ladle the egg noodle/beef stew mixture into bowls or onto plates.

### **Nutrition**

Calories: 370kcal | Carbohydrates: 26g | Protein: 27g | Fat: 16g | Saturated Fat: 6g | Cholesterol: 102mg | Sodium: 491mg | Potassium: 511mg | Fiber: 1g | Sugar: 1g | Vitamin A: 50IU | Vitamin C: 2.6mg | Calcium: 41mg | Iron: 3.2mg