

# Dinner tonight



SERVES 6

## beef and beer stew

WHOLE FOODS MARKET

**S**prinkle beef with salt and pepper. Heat oil in a large, heavy skillet over medium-high heat. Working in two batches, brown beef on all sides, 5 to 6 minutes per batch. With a slotted spoon, transfer beef to a slow cooker. Return skillet to medium heat and

add onion and garlic.

Cook, stirring frequently, until softened, about 5 minutes.

Stir in tomato paste and cook, stirring, for 1 minute.

Add beer and scrape bottom of the skillet to loosen any browned bits.

Pour mixture into the slow cooker.

Add parsnips, carrots and bay leaves to the slow cooker.

Cover and cook until beef is very tender, about 4 hours on high or 8 hours on low. Discard bay leaves and serve.

## INGREDIENTS

- 2 pounds boneless beef stew meat, cut into 1 1/2-inch cubes
- 3/4 teaspoon coarse sea salt, or to taste
- 1/2 teaspoon ground black pepper, or to taste
- 1 tablespoon canola oil
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 1 (12-ounce) bottle brown ale- or lager-style beer

- 2 tablespoons tomato paste
- 4 parsnips, cut into 1 1/2-inch chunks
- 4 carrots, cut into 1 1/2-inch chunks
- 2 bay leaves

**Approximate values per serving:**  
300 calories, 9 g fat, 19 g carbohydrates, 35 g protein, 430 mg sodium

## Sips with sizzle

### Wines for Valentines

USA TODAY NETWORK

**S**pice up Valentine's Day with surefire wines that offer lively flavors and unparalleled quality. These picks will make your heart happy.



Fort Ross  
2018  
Pinot Noir

The Fort Ross 'Sea Slopes' pinot noir from Sonoma Coast delivers exciting aromas and a smooth palate, with layers of raspberry and plum and a long, elegant finish that invites another sip.

■ **Price:** \$35



Kunde  
2019  
Chardonnay

This estate-grown chardonnay from Sonoma Valley exudes the charm and character for which the region's wines are renowned. Vibrant aromas of pear and orange blossom lead to a creamy palate.

■ **Price:** \$18



Olema 2018  
Cabernet  
Sauvignon

This bold, full-bodied red wine from Sonoma County is a cabernet lover's dream. Aromas of blackberry and spice leave a strong first impression and are followed by a dense, juicy mouthfeel.

■ **Price:** \$25

## Sweet somethings

USA TODAY NETWORK

**C**upid can't go wrong when chocolate is part of your Valentine's Day celebration.



■ Dark and white chocolate are the key ingredients in Harry & David's festive petit fours. **\$39.99** at [harryanddavid.com](http://harryanddavid.com).

■ Vermont Nut Free Chocolates, founded by a mother whose son had a peanut allergy, has packaged six flavors in a heart-shaped box, including dark raspberry and mocha. **\$54.55** at [vermontnutfree.com](http://vermontnutfree.com).

■ This posh red fabric box holds 37 Godiva milk, dark and white chocolates. **\$99.95** at [godiva.com](http://godiva.com).



■ Art and chocolate marry in La Maison du Chocolat's gift boxes. The Paris Blue Hour Heart Bouchee has four recipes in a modern presentation. **\$30** at [lamaisonduchocolat.com](http://lamaisonduchocolat.com).



■ Charbonnel et Walker, a British chocolatier, features a caramel trio gift set of dark chocolate, milk and pink Himalayan salted caramels. **\$38.95** at [surlatable.com](http://surlatable.com).



■ You won't mind breaking Simply Chocolate's chocolate-pretzel heart. In fact, an XOXO mallet is included. **\$69.99** at [simplychocolate.com](http://simplychocolate.com).