



Rich Irish Beef Stew

Yield: Serves 6

	Olive oil
2 lbs	beef chuck stew meat, cubed into 1-inch pieces
	Salt
	Freshly ground black pepper
1 medium	onion, diced
2 medium	carrots, peeled and sliced
2 stalks	celery, chopped
3 cloves	garlic, minced
3 medium	potatoes, russet, peeled and cut into chunks
4 cups	beef broth, low sodium
16-oz	Guinness® Beer
2 tsp	fresh thyme, chopped
	fresh parsley, chopped

1. In a large Dutch oven, over medium heat a few tablespoons of olive oil. Season beef with salt and pepper, then add to the pot and cook all sides of the beef, about 10 minutes. Transfer to a plate.
2. In the same, pot without cleaning, add a few tablespoons of olive oil, cook onion, carrots and celery until soft, about 5 minutes. Season with salt and pepper. Add garlic and cook for one minute.
3. Add beef back to the pot, add potatoes, broth, beer, and thyme, then scrape the bottom to release any brown bits from the bottom. Bring to a boil, then reduce heat to a simmer. Season with salt and pepper. Cover and let simmer until beef and potatoes are tender, about 30 minutes.
4. Garnish with parsley before serving,