



STOUT Beef Stew

BY KAREN LOGAN

Serves 6-8

Prep time: 30 minutes

Cook time: 2 hours

INGREDIENTS:

2 lbs. cubed beef stew meat
4 potatoes, large diced
1 medium onion, diced (yellow or white)
3 carrots, sliced
2 celery stakes, sliced (optional)
3 tbsp oil (olive or canola)
1 tbsp butter
½ tsp salt
½ tsp pepper
2 tsp. garlic powder
½ tsp paprika
3 tbs. tomato paste
1 tbsp Worcestershire sauce

4 c. beef stock
1 c. beer – stout or porter
(do not use nitrogenated beer)

DIRECTIONS:

Heat oil and butter over medium high heat in a large pot. Season meat with salt and pepper. Brown the meat and set aside. Add onions and cook for a few minutes until softened. Stir in tomato paste, garlic powder, paprika, Worcestershire sauce, and 1 cup beer. Add beef back to pot and pour in beef stock. Cover and simmer for 1 ½ hours. Add potatoes,

carrots, and celery. Add water or stock if stew gets to dry / thick in ½ cup increments until desired thickness consistency. Cover and simmer for 30 minutes (until potatoes are done).

Beer Pairing:

Guinness Stout

