

Beef Stew

Serves 6

Ingredients

- 3 Tbs olive oil
- 1 Tbs butter
- 1½ pounds beef stew meat
- ¼ cup of flour in large Ziploc bag
- 1 medium onion, diced
- 3 cloves garlic, minced
- 12 oz dark beer (porter or stout is best)
- 2 cans Campbell's beef consommé
- 1 Tbs Worcestershire sauce
- 2 Tbs tomato paste
- 1/2 tsp paprika
- ½ tsp salt
- Freshly ground black pepper
- 1 tsp sugar
- 4 carrots, sliced
- 2 stalks of celery, sliced
- 3 cups potatoes, diced large
- 2 bay leaves
- 1/8 tsp ground allspice
- 1 tsp red chili flakes
- Parsley for garnish, minced

Instructions

1. Put flour and some freshly ground pepper in a big Ziploc bag. Dredge stew meat in small batches in the flour by putting in the bag, sealing, and shaking.
2. Heat oil and butter in large pot over medium-high heat. Brown meat in a few batches, setting aside browned meat on plate. After the browning is done, cut stew chunks in smaller pieces if needed.
3. Add diced onions and celery to the pot. Stir and cook for two or three minutes until softened, then added chili and garlic. Stir for another minute. Add tomato paste and stir in thoroughly and then pour in beer and beef stock.
4. Add Worcestershire sauce, paprika, some ground pepper, bay leaves, allspice, and sugar. Taste and if needed add salt. Add beef back to pot. Stir to combine. Cover and simmer for an hour or an hour and 15 minutes.

5. Liquid should cook down. If reduces too much, add water.

6. Add carrots and potatoes (and other veggies like butternut squash, if using them too). Cover and cook for 45 minutes to an hour. Taste and adjust seasonings as needed. Garnish with parsley.