

Beef Stew

Preparation: 3.5 Hours

Serves: 8

Ingredients:

- 2 lbs Beef Stew Meat
- 3 Tbsp Olive Oil
- 2 Tbsp Flour
- 1/2 Tsp Salt
- 1/2 Tsp Black Pepper
- Pinch of Cayenne Pepper
- 2 Large Onions (chopped)
- 1 Clove of Garlic (chopped)
- 2 Tbsp Tomato Paste
- 2 Cups Carrots (chopped)
- 1 Tbsp Thyme
- 1 Tbsp Parsley
- 1 1/2 Cups Guinness Stout (optional)

Instructions:

1. Combine and mix flour, salt, black pepper and cayenne pepper.
2. Toss and coat beef with flour mixture.
3. Pour olive oil into a large pot, heat on medium-high.
4. Add beef to olive oil and brown.
5. Add onions, garlic, tomato paste and cook for approximately 5 to 10 minutes.
6. Add Guinness Stout (optional), carrots, thyme and parsley.
7. Cover, reduce heat to low and simmer for 3 hours (stirring occasionally).