

IRISH BEEF STEW

OLIVE OIL
 2 LB. BONELESS BEEF CHUCK ROAST
 CUT IN 1" PIECES
 SALT & PEPPER
 1 MEDIUM ONION, CHOPPED
 3 MEDIUM CARROTS, PEEL AND
 CUT INTO 1" PIECES
 3 MEDIUM PARSNIPS, PEEL AND
 CUT INTO 1" PIECES
 1 PACKAGE (8-10 OZ.) MUSHROOMS SLICED
 2 CLOVES OF GARLIC – PRESSED
 1 TSP. DRIED THYME
 1 TSP. DRIED ROSEMARY
 2 BAY LEAVES
 1 CAN OR BOTTLE (ABOUT 12-15 OZ.)
 GUINNESS STOUT
 2 1/2 CUPS BEEF BROTH
 1 TBSP. DIJON MUSTARD
 1 TBSP. TOMATO PASTE
 1 TBSP. WORCESTERSHIRE SAUCE
 1 LB. SMALL YELLOW POTATOES, HALVED
 CHOPPED FRESH PARSLEY

Heat 2 tbsp. oil in Dutch oven. Season beef with salt and pepper, then cook 5 minutes on high heat, browning beef on all sides. Remove and set aside. Add 2 tbsp. oil to Dutch oven with onions. Cook onions 3 minutes. Add carrots, parsnips, and mushrooms. Salt and pepper veggies, cook 8 minutes until mushrooms release their liquid. Add garlic, thyme, rosemary, bay leaves, Guinness, broth, mustard, tomato paste and Worcestershire sauce; bring to a boil, scraping up browned bits from bottom of Dutch oven. Return beef to Dutch oven, reduce heat to low and cook 1 1/2 hours. Add potatoes making sure they are submerged in broth. (add water if needed) Cook 30 minutes or until potatoes are fork tender. Serve and garnish with parsley.