



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Irish Beef and Stout Stew –

4 lbs. beef chuck, cut into 1 ½-inch cubes
¼ cup all-purpose flour
2 cans (6 oz. each) tomato paste
2 ½ lbs. new potatoes, scrubbed
2 medium onions, cut into 1-inch pieces
2 cans (14 ½ oz. each) reduced-sodium beef broth
1 can (14.9 oz.) Irish stout beer
10 garlic cloves, sliced
Coarse salt and ground pepper
2 boxes (10 oz. each) frozen baby peas, thawed

1. Preheat oven to 350°. In a 5-quart Dutch oven or heavy pot, toss beef with flour, stir in tomato paste. Add potatoes, onions, broth, beer, and garlic; season with salt and pepper. Cover, and bring to a boil over medium heat, stirring occasionally.

2. Transfer pot to oven, and cook, covered, until meat is fork-tender, 2 ½ to 3 hours. Stir in peas, and season with salt and pepper.

Credit: Martha Stewart Living