

GUASTELLO'S VILLAGE MARKET

Irish Stew

Serves 6-8

Ingredients:

2 lb. beef or lamb stew meat, cut into 1 ½ inch chunks, seasoned with salt and pepper
4 tbl. olive oil, divided
2 cups diced onion
2 tbl. minced garlic
2 tbl. tomato paste
¼ cup all-purpose flour
¼ cup stout beer (such as Guinness)
2 cups low-sodium beef broth
2 cups low-sodium chicken broth
2 sprigs fresh thyme
2 lb. Yukon Gold potatoes, peeled and cubed
1 cups chopped carrots
1 cup frozen peas
1 cup sliced cabbage

Brown beef in 2 tbl. olive oil in a pot over medium-high heat, 8 minutes. Transfer beef and its juices to a bowl; reduce heat to medium.

Sweat onion in remaining 2 tbl. olive oil in same pot, covered, until soft, 5 minutes. Stir in garlic and tomato paste; cook until paste darkens, 2 minutes. Add flour and stir to coat; cook 1 minute.

Deglaze pot with beer, scraping up any browned bits. Add beef and chicken broths, beef (or lamb) and its juices, and thyme. Bring stew to a simmer, reduce heat to low, cover, and simmer 1 hour.

Stir in potatoes and carrot; cook until potatoes are tender, 12 minutes. Add peas and cabbage, season with salt and pepper, and simmer 5 minutes.

Credit: Cuisine at Home