

## GUASTELLO'S VILLAGE MARKET

# Guinness Beef Stew

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Serves 6 - 8

### Ingredients

3 tablespoons olive oil, divided  
3 pounds beef chuck roast, trimmed of excess fat and cut into bite-sized pieces  
fine sea salt and freshly-cracked black pepper  
1 large white or yellow onion, roughly diced  
4 cloves garlic, pressed or minced  
1/4 cup all-purpose flour  
1 (12 ounce) bottle Guinness beer  
4 cups good-quality beef stock  
3 large carrots, cut into bite-sized pieces  
1 1/2 pounds Yukon gold potatoes, cut into bite-sized pieces  
3 tablespoons tomato paste  
1 bay leaf  
2 teaspoons Worcestershire sauce  
1 teaspoon dried thyme  
chopped fresh parsley, for garnish

### Instructions:

Sear the beef. Generously season the beef with salt and pepper. Heat 1 tablespoon oil in a large stockpot over high heat. Add half of the beef to pan and sear, flipping the beef once it has developed a good brown sear on the bottom then repeating on multiple sides. Transfer the beef to a clean plate. Add an additional 1 tablespoon oil to the pot, add the remaining beef, sear, and transfer to a clean plate.

Sauté the onion and garlic. Reduce heat to medium-high and add the remaining tablespoon of oil to the stockpot. Add onion and sauté for 5 minutes, stirring occasionally. Add garlic and sauté for 1 minute, stirring occasionally. Stir in the flour and cook for 1 minute, stirring frequently.

Simmer. Pour in the Guinness and use a wooden spoon to scrape the bottom of the pan to lift up those yummy brown bits. Stir in the beef stock, carrots, potatoes, tomato paste, bay leaf, Worcestershire, dried thyme, and the cooked beef (along with any of its accumulated juices). Cover the pot and simmer on low for 1 1/2 hours, stirring occasionally, until the beef is completely tender and the potatoes are soft.

Season. Discard the bay leaf. Taste season the stew with additional salt and pepper as needed, plus extra Worcestershire or dried thyme if desired.

Serve. Serve warm, garnished with a sprinkle of fresh parsley if desired, and enjoy!

### POTENTIAL RECIPE VARIATIONS

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Here are a few additional ways that you can customize this Irish stew recipe if you'd like:

**Add bacon:** I also highly recommend dicing and frying a few slices of bacon (then using the leftover grease to sauté the veggies) if you'd like to add some extra flavor to this stew.

**Add extra veggies:** Feel free to add any other stew-friendly veggies that you love to this recipe as well, such as mushrooms, celery, cabbage, parsnips or peas.

**Add horseradish:** I also enjoy stirring some horseradish into this stew just before serving to give it a bit of a kick. Or alternately, you can add it in at the beginning of the recipe and it will sweeten and mellow out a bit as it cooks.

**Use lamb:** To make this more similar to traditional Irish stew, you're welcome to use lamb in place of beef.

**Cook's Notes:**

**Instant Pot Instructions:** Complete steps 1 and 2 in the Instant Pot using the "Sauté" feature (or skip this step, if you need to save time). Pour in the Guinness and use a wooden spoon to scrape the bottom of the pan to lift up those yummy brown bits. Stir in the beef stock, carrots, tomato paste, bay leaf, Worcestershire, dried thyme, and the cooked beef (along with any of its accumulated juices). Cover the pot and set the lid to sealing. Pressure cook on high for 30 minutes, followed by a 5 minute natural release, then quick release the remaining air. Add the potatoes, cover the pot and set the lid to sealing. Pressure cook on high for 5 minutes, followed by a quick release. Follow steps 4 and 5 to finish.

**Crock-Pot Instructions:** Combine all ingredients minus the flour in a large slow cooker. Cover and cook on low for 6 to 8 hours, or until the meat is completely tender. Make a cornstarch slurry and stir it into the simmering broth until it reaches your desired level of thickness. Follow steps 4 and 5 to finish.

***Credit: [gimmesomeoven.com](http://gimmesomeoven.com)***