

Irish Beef Stew

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Servings: 15**Yield: 3 3/4 quarts**

8 strips bacon, diced
1/3 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper
3 pounds beef stew meat,
cut into one-inch cubes
1 pound whole fresh
mushrooms, quartered
3 medium leeks (white
portion only), chopped
2 medium carrots, chopped
1/4 cup celery, chopped
1 tablespoon canola oil
4 cloves garlic, minced
1 tablespoon tomato paste
4 cups reduced-sodium
beef broth
1 cup dark stout beer (or
additional beef broth)
2 bay leaves
1 teaspoon dried thyme
1 teaspoon dried parsley
flakes
1 teaspoon dried rosemary,
crushed
2 pounds Yukon Gold
potatoes, cut into one-inch
cubes
2 tablespoons cornstarch
2 tablespoons cold water
1 cup frozen peas

Preparation Time: 40 minutes**Cook Time:**

In a stockpot, cook the bacon over medium heat until crisp. Using a slotted spoon, remove the bacon to paper towels.

In a large shallow dish, combine the flour, salt and pepper. Add the beef, a few pieces at a time, and turn to coat. Brown the beef in the bacon drippings. Remove and set aside.

In the same pan, saute' the mushrooms, leeks, carrots and celery in oil until tender. Add the garlic. Cook for 1 minute. Add the broth, beer, bay leaves, thyme, parsley and rosemary. Return the beef and bacon to the pan. Bring to a boil. Reduce the heat. Cover and simmer until the beef is tender, about two hours.

Add the potatoes. Return to a boil. Reduce the heat. Cover and simmer until the potatoes are tender, about one hour.

In a bowl, combine the cornstarch and water until smooth. Stir into the stew. Bring to a boil. Cook and stir until thickened, about 2 minutes. Add the peas. Heat through. Discard the bay leaves.

STIR-IN OPTIONS

Beef Stew with Barley: Stir in whole-grain mustard and quick-cooking barley one hour before serving.

Asian-Inspired Beef Stew: Add hoisin sauce, fish sauce and chopped bok choy. Serve over jasmine rice.

Cola Beef Stew: Substitute cola or root beer for the beer.

Per Serving (excluding unknown items): 255 Calories; 10g Fat (38.1% calories from fat); 22g Protein; 16g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 275mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fat.