# *Chef Ben's*
# *Beef & Guinness Stew*
# *Serves 8*

### *Ingredients*



- 2 Lb beef chuck cut in 1" cubes
- 3 Tbsp vegetable oil
- 3 large onions 3/4" dice
- 2 cups baby carrots
- 4 large Yukon gold potatoes 3/4" dice
- 3 cloves minced garlic
- 1 Tbsp black pepper
- 1 Tsp dried thyme
- 3 bay leaves
- Salt to taste
- 1 bottle Guinness Stout
- 3 cups beef stock
- 2 Tbsp Worcestershire Sauce
- 1 Tbsp soy sauce
- 2 Tbsp corn starch mixed with a little cold water

## *Directions*

Heat your heaviest Dutch oven, or heavy bottomed soup pot to high heat. Coat the beef cubes in the oil and season with salt and pepper. Working in batches, sear the beef until all sides are deeply browned. Remove from the pot and reserve.

Add the onions to the pot with a little more oil if necessary. Stir until slightly wilted. Then add the carrots. Stir until they begin to slightly brown. Stir the potatoes into the mix. Add the black pepper, thyme, and bay leaves. Stir till mixture is coated with seasonings.

Add the beef back into the pot and stir in with the vegetables. ~~Drink the Guinness~~. Sorry, *add* the Guinness. Stir while scraping the bottom of the pot to fully deglaze and to incorporate that deliciousness into the stew. Stir in beef stock, Worcestershire, and soy sauce. Bring to a simmer and cover. Allow to cook gently for approximately 2 hours or until all ingredients are fork tender. (you may use a crock pot if desired). Add corn starch slurry and stir until the gravy thickens.

Adjust seasoning to taste and serve with a big hunk of buttered sourdough bread.

*Enjoy,*

*Chef Ben*