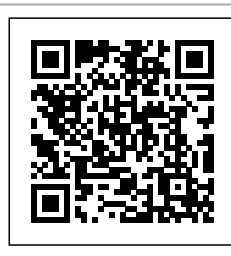# Guinness Beef Stew

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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes
Cook Time: 3 hours 0 minutes

Ingredients
__2-1/2lb of Chuck Roast, cut into chunks
__6 Slices of Bacon, chopped
__1 Onion, peeled and diced
__2 Carrots, peeled and diced
__2 Stalks of Celery, diced
__4 Cloves of Garlic, minced
__3 Tbsp of Olive Oil
__1/4 cup of Tomato Paste
__1/4 cup of all Purpose Flour
__12oz Guinness Draught
__4 cups of Beef Stock
__Few dashes of Worcestershire
__Few Sprigs of Thyme or 2 tsp of dry thyme
__2 Small Dried Bay Leaves
__Salt and Pepper to taste
__3 Tbsp of Chopped Parsley

1) In a Dutch oven over medium heat, cook the bacon until crisp, then remove the bacon to a plate and discard the bacon grease rendered.

2) Add about a tablespoon of olive oil to the pot, allow it to get nice and hot over medium high heat, meanwhile, season the beef well with salt and pepper. Add the beef to the hot pot and sear until deeply golden brown on both sides, once there, remove to a plate.

3) Add the remaining oil to the pot along with the carrots, onion, celery and garlic, lower the heat to medium, add a small pinch of salt and sauté until they begin to soften and brown, about 10 minutes.

4) Add the flour, stir well for a minute then add in the tomato paste, cook for 30 seconds. Add the Guinness, beef stock, Worcestershire, thyme and bay leaves, add the cooked bacon and seared beef back in, bring to a boil then reduce the heat to low, cover and cook for a few hours until the beef is tender.

5) Once the stew is ready, adjust the seasoning to taste, remove the bay leaves, stir in the parsley and enjoy!