

BEEF IRISH STEW

Ingredients

- 1½ tbsp olive oil
- 1 lb stewing meat, cubed
- 1 can beans, pre-cooked, rinsed
- 2 medium onions, chopped
- 2 stalks celery, chopped
- 4 large garlic cloves, minced
- 2 bay leaves
- 2 tsp dried thyme
- 1 tsp dried rosemary
- ¼ cup flour
- 1 can diced tomatoes (540 ml)
- 1 cup carrots, chopped
- 1 cup parsnips, chopped
- 2 medium potatoes, cubed
- 1 cup mushrooms, sliced
- 1-1½ cups broth
- 2 tbsp worcestershire sauce or soy sauce
- salt and pepper, to taste

Steps

1. Chop onions, celery and garlic. Add olive oil to a large pot and pre-heat.
2. Add meat and chopped vegetables to pot and sauté for 7-10 minutes. Stir periodically so mixture does not stick to bottom of the pot.
3. Stir in herbs and sauté for another minute. Stir in flour and cook for another minute. Stir in diced tomatoes and cook for another minute.
4. Add the beans and the rest of the vegetables and stir. Add the broth and bring to a boil, then let mixture cook for a few minutes.
5. Add the Worcestershire or soy sauce and bring to a boil before reducing to a simmer and covering for about 30 minutes, stirring every 10 minutes or so and replacing the cover.
6. Add salt and pepper, to taste.

PREP TIME: 45 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1 HR 15 MINS

SERVES 6

CUISINE: IRISH

