

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### **Irish Beef & Stout Stew**

Serves 6- 8

With some hearty St. Patrick's spirit afoot this week, we have a delicious Guinness-based Irish Beef Stew ready for you to add to your celebration!

#### ***Ingredients:***

5 slices bacon, diced  
1.5 pounds stew beef, cut in 1-inch cubes  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 large onion, diced  
1 clove garlic, minced  
1 cup diced celery  
3 tablespoons all-purpose flour  
2 cups sliced carrots  
1 cup Guinness stout  
3 cups beef broth  
2 tablespoons tomato paste  
2 teaspoons Worcestershire sauce  
4 sprigs thyme  
3 cups small red potatoes, quartered  
2 tablespoons fresh chopped parsley  
extra salt & pepper, to taste

#### ***Directions:***

1. Over medium-high heat in a large Dutch oven, cook the bacon until crispy. Then, remove the bacon from the pot with a slotted spoon. Add the stew beef to the bacon fat, brown on all sides; remove from the pot.
2. Add the onion, garlic, carrots, and celery to the pot, cook until the onion is translucent. Add the bacon and beef back into the pot and sprinkle with the flour. Stir and cook for two minutes. Add the beer, broth, tomato paste, Worcestershire sauce, and thyme. Bring the stew to a boil.
3. Add the potatoes, cover, and bake in a 325 F oven for 2 hours.
4. Garnish with chopped parsley. Serve piping hot with some fresh, crusty bread.