

Irish Belted Galloway Beef Stew

Ingredients:

2 pkgs. (about 2 lbs.) beltie stew beef
1 cup flour
1 tsp. sea salt
1 tsp pepper
2 Tbsp. veg. oil
1 12 oz. bottle Irish stout beer (Guinness)
dash garlic powder
3 pints of beef broth (we use our homemade broth recipe)
1 Tbsp. parsley
2 tsp thyme
2 bay leaves
4-5 med. potatoes, peeled and cut in to chunks
3-4 med carrots, peeled and cut into 1 inch chunks

Directions:

Combine flour, salt, and pepper in a bowl; add beef pieces a little at a time, coating in flour mixture. Heat veg. oil in medium skillet, and brown beef slightly on all sides, working in small batches. May need to add a little more oil as necessary. Transfer browned beef to a slow cooker. Mix beer, beef broth, garlic, parsley, thyme and bay leaves into beef mixture in slow cooker. Add in potato and carrot chunks. Cook on low until beef is tender (4-5 hrs). Add more sea salt and freshly ground pepper as desired.

Serve with biscuits.
About 4-5 servings.