



Irish Beef Stew: No Potatoes Left Behind

Description: "Ah, Irish Beef Stew—the dish that makes you feel like you could wrestle a leprechaun and win. This isn't your granny's stew with the sad, mushy carrots and questionable peas. No, this is a rich, hearty bowl of beefy goodness that will make you want to kiss the Blarney Stone just to have something to do while it's cooking. This stew's got it all: tender chunks of beef, earthy veggies, and a splash of Guinness to make sure you stay true to your roots—or at least get tipsy trying. And let's not forget the potatoes! You know, the ones that are actually welcome here, unlike those unfortunate beans that always crash the chili party. So grab your Dutch oven, your favorite stout, and get ready to simmer up something so delicious, even the most die-hard Irish pub would raise a glass in approval. This stew's so good it'll have you saying, 'Kiss me, I'm delicious!'"

Ingredients:

Quantity	Ingredient	Note
2 1/2 tbsp	Vegetable Oil	divided
2 lb	Chuck Roast	cut into 1 inch pieces
1 1/2 tsp	Salt	divided
3/4 tsp	Pepper (Spice)	divided
1 whole	Allium (Onion)	chopped
3 whole	Carrot	cut into 1 inch pieces
3 g	Parsnip	cut into 1 inch pieces
8 oz	Mushrooms	10 oz. quartered
2 whole	Garlic Cloves	minced

1 tsp	Common thyme	dried
1 tsp	Rosemary	dried
2 whole	Bay Leaves	
1 can	Guinness	14 oz
1 can	Beef Broth	14 oz
1 tbsp	Dijon Mustard	
1 tbsp	Tomato Paste	
1 tbsp	Worcestershire Sauce	
1 lb	Potato	Yellow, Halved
1 cup	Pearl Onions	
2 tsp	Water	
2 tsp	Corn starch	
1 g	Parsley	Chopped, Optional

Steps:

Step	Description	Picture
Step 1	Heat 2 tablespoons of oil in Dutch oven or large saucepan over med-high heat. Season beef with 1 tsp salt and 1/2 tsp of pepper. Cook beef in two batches, about 5 minutes or until browned. Remove to plate and set aside.	
Step 2	Add remaining 1/2 tablespoon oil and the chopped onion to Dutch oven; cook and stir 3 minutes or until softened.	
Step 3	Add carrots, parsnips and mushrooms; cook about 8 minutes or until vegetables soften and mushrooms release their liquid, stirring occasionally.	
Step 4	Add garlic, thyme, rosemary, bay leaves and remaining 1/2 tsp of salt and 1/4 tsp of pepper; cook and stir for 2 minutes.	
Step 5	Add Guinness, broth, mustard, tomato paste and Worcestershire sauce; bring to a boil, scraping up browned bits from the bottom of the pan.	
Step 6	Return beef and any accumulated juices to Dutch oven. Mix well.	
Step 7	Reduce heat to low and cook for 1 hour and 30 minutes.	

Step 8	Stir in potatoes. Cover and cook for 30 minutes.	
Step 9	Stir in pearl onions; Cover and cook until onions are soft, and potatoes are fork tender.	
Step 10	Stir water into cornstarch in a small bowl until smooth. Add to stew; cook and stir over medium heat about 3 minutes or until thickened. Garnish with Parsley.	