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# Guinness Beef Stew

**From the Kitchen of:** Amy

**Servings:** a group

**Prep Time:** 30 minutes **Bake Time:** **Bake Temp:**

This is a heart-warming Irish stew that is made using the most famous ingredient in Ireland, Guinness. Great flavor and a real treat to make during the winter to warm those bones.

**Ingredients:**

* 1 lb. stewing beef
* 3 Tbsp flour
* 2 carrots, sliced
* 4 potatoes, quartered
* 1 white onion, chopped
* 2 cloves garlic, minced
* 2 sprigs thyme
* 2 tsp. tomato puree
* 4 cups beef stock
* 1 can Guinness
* Salt and pepper

Heat a large pot and fry the beef over a high temperature until it has been browned all over. Remove the beef from the pot and set aside.

Without cleaning the pot, add the chopped onions, potatoes, carrots and garlic to the pot. Cook while stirring gently for 5 minutes. Add thyme and tomato puree. Cook for 2 minutes. Add the Guinness and stock. Simmer on low for 2 hours or until beef is soft and tender.