Beer Beef and Tomato Stew



What You'll Need

› 3 tbsp olive oil or butter
› 1 lb (500g) stewing beef or boneless beef chuck roast, cut into cubes
› Sea salt and black pepper to taste
› 1 medium onion, chopped into 1-inch pieces
› 1 1/2 tbsp all-purpose flour
› 12 oz or 375ml beer of your choice
› 2 cups beef or chicken broth
› 1 bay leaf
› 1 1/2 tsp dried thyme
› 3 carrots, peeled and sliced
› 3 stalks celery, sliced
› 3 to 4 medium potatoes, peeled and cut into large cubes
› 3 cups diced fresh tomatoes
› 1 1/2 cups chopped Bell peppers (any colour)
› 4 cups spinach, chopped
› 1/2 cup chopped fresh parsley

Directions

1. Preheat the oven to 350 degrees F.
2. Place a large saucepan that is also able to go in the oven (Dutch oven) on medium-high heat. Add the olive oil or butter. Add the beef and brown the meat. Season with sea salt and pepper. Remove from the pan and set aside.
3. Add the onion and stir until it is cooked and lightly browned.
4. Add the flour and stir. Pour in the beer and bring to a boil to cook off the alcohol.
5. Allow the beer to deglaze the pan.
6. Add the broth, bay leaf, thyme beef, carrots, and celery to the pan.
7. Cover with a lid and bake for 2 hours.
8. Add the potatoes and continue to cook until the potatoes are soft.
9. Add the tomatoes, peppers, and spinach. Continue to cook until soft. Taste and add more sea salt and pepper if needed. Remove bay leaf.
10. Add the parsley. Scoop into bowls and serve.

Option: This can be made in a slow cooker – follow the instructions for your machine. Don't add the tomatoes, peppers, spinach, or parsley until the end.