



Beef & Guinness Beer Stew served with mashed potatoes

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 tablespoons plain flour - 700g chuck/casserole steak, cubed - 3 sticks celery, cubed - 1 brown onion, sliced - 1 carrot, cubed - 300g mushrooms, sliced - 2 tbsp tomato paste - 1 cup Guinness beer - 1.25 cups beef stock - 2 bay leaves - 2 tbsp parsley, finely chopped

Instructions

1. Put flour and some salt/pepper in a bag with the steak. Shake to coat. 2. Heat some oil in a saucepan and cook steak until just brown. 3. In a pot, heat oil and cook celery, onion, carrot and mushrooms for 5 mins. Add tomato paste and stir. 4. Add Guinness. Then add beef stock and bay leaves. Bring to the boil, then add beef. 5. Cover and simmer for 1 hour. Then remove lid and simmer another 1/2 hour or until tender. 6. Remove bay leaves, stir in parsley. 7. Serve on mashed potatoes (mashed with garlic, butter and warm milk).