Guinness Beef Stew

Serves 6-8

Ingredients

1 (3 ½ to 4 pound) boneless beef roast; pulled apart at
    seams, trimmed, and cut unto 1 ½ in. pieces
3 tablespoons vegetable oil
2 onions, chopped fine
1 tablespoon tomato paste
2 cloves garlic, minced
¼ cup All-Purpose flour
3 cup chicken broth
1 ¼ cup Guinness Draught Beer
1 ½ tablespoon dark brown sugar (packed)
1 tsp fresh thyme (minced)
1 bay leaf
1 ½ lbs. Yukon Gold potatoes, unpeeled, cut
    into 1-inch pieces
1 pound of carrots, peeled and cut into 1-inch pieces
2 tablespoons fresh parsley (minced)

Instructions

Adjust oven rack to lower-middle position and heat to 325 degrees. Season beef with salt and pepper liberally. Heat oil in Dutch oven over medium-high heat until shimmering. Add onions and ¼ tsp salt and cook, stirring occasionally, until well browned (8-10 minutes).

Add tomato paste and garlic and cook until rust-colored and fragrant (approx. 2 minutes). Stir in flour and cook for 1 minute. Whisk in broth, ¾ cup Guinness beer, sugar, and thyme, scraping up any brown bits. Bring to a simmer and cook until slightly thickened (approx. 3 minutes). Stir in beef and bay leaf and return to simmer. Transfer to oven and cook ***uncovered*** for 90 minutes, stirring halfway through cooking.

Stir in potatoes and carrots and continue cooking until beef and vegetables are tender (approx. 1 hour), stirring halfway through cooking. Stir in remaining ½ cup Guinness and parsley. Season to taste with salt and pepper (if necessary).

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