

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Irish Beef and Stout Stew

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Serves 10

4 pounds beef chuck, cut into 1½-inch cubes

¼ cup all-purpose flour

2 cans (6-ounces each) tomato paste

2 ½ pounds new potatoes, scrubbed, or a combination of potatoes and carrots cut in thirds

2 medium onions, cut into 1-inch pieces

2 cans (14.5 ounces each) reduced-sodium beef broth (Look for one without MSG.)

1 can (14.9 ounces) Irish stout beer (Don't worry about the beer! The alcohol will cook off.)

10 garlic cloves, sliced

coarse salt and ground pepper

1 box (10 ounces) frozen baby peas, thawed

1. Preheat oven to 350 degrees. In a 5-quart Dutch oven or heavy pot, toss beef with flour; stir in tomato paste. Add potatoes, onions, broth, beer, and garlic; season with salt and pepper. Cover, and bring to a boil over medium heat, stirring occasionally.
2. Transfer pot to oven, and cook, covered until meat is fork-tender, 2 ½ -3 hours. Stir in peas, and season with salt and pepper.

**To Freeze:** Divide stew among airtight plastic containers; freeze up to 3 months. Thaw overnight in refrigerator (or place containers under cold running water to release stew) before reheating.