



Beef & Beer Stew

Ingredients:

2-3 lbs. of beef stew meat or other cut into 1" cubes	1/4 C flour
4 C beef broth	1 bottle dark beer
2-3 large sweet onions, thinly sliced	1 Tbsp. fresh thyme (leaves only)
1 tsp. salt	1/2 tsp. pepper
2 tsp. paprika	4 Tbsp. olive or walnut oil
2 Tbsp. brown sugar	2 bay leaves

Directions:

In a food storage bag, combine flour, paprika and salt. Add the beef cubes and toss to coat.

Heat 2 Tbsp. of the oil in a large heavy pot over medium-high heat. Add the beef and cook stirring, for about 4-5 minutes, until browned. Do not overcrowd, cook in batches, remove and set aside. Heat the remaining oil in the pot with the scraps and add the onions, cooking until translucent, about 10-15 minutes. Add 2 Tbsp. of brown sugar and cook for 2 minutes. Add the beef broth and scrape any remaining bits from the bottom of the pan. Add the beef and collected juices, the thyme, bay leaves, pepper and beer. Cover and simmer on low for two hours. Remove the bay leaves and serve over noodles or rice.

Enjoy with our Cabernet Sauvignon!

"Life is an Adventure, Drink Wine!"

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