



Irish Beef Stew

Ingredients

4 tbsp vegetable oil, divided
3 lbs boneless beef chuck roast, cut into 1 inch cubes
3 tbsp Dizzy Gourmet® Cosmic Cow™ Seasoning
2 medium onions, chopped
3 stalks celery, chopped
3 tbsp all-purpose flour
1 tbsp minced garlic
1 tbsp tomato paste
2 tsp chopped fresh thyme
1 tsp salt
¾ tsp black pepper
20 ounces Irish stout
1 cup beef broth
3 carrots, peeled and cut into 1 inch cubes
4 turnips, peeled and cut into 1 inch cubes
4 medium Yukon Gold potatoes, peeled and cut into 1 inch cubes
¼ cup finely chopped fresh parsley

Instructions

Set EGG for direct cooking at 350°F/177°C.

Sprinkle Cosmic Cow™ evenly over beef. Place Dutch Oven on the cooking grid and add 2 tbsp oil; heat until almost smoking. Cook beef about 10 minutes until browned on all sides. Remove beef from Dutch oven.

Add remaining 2 tbsp oil to Dutch oven; add onions and celery and cook about 10 minutes or until softened and onions are translucent. Add flour, garlic, tomato paste, thyme, salt and pepper; cook and stir 1 minute.

Add Irish stout and return beef to the mix. Stir in broth. Cover and cook 45 minutes. Stir in carrots, turnips and potatoes; cover and cook about 1 hour or until beef and vegetables are tender. Stir in parsley.

Serve with warm Irish Soda Bread.