



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Irish Stew with Guinness

Ingredients

3 lbs cubed lamb shoulder or beef, whichever you prefer.
½ cup flour
2 large potatoes peeled and cubed
3 large carrots, peeled and sliced
3 stalks celery, cut into ½ inch slices
2 large onions, diced
2 parsnips peeled and sliced
1 turnip peeled and diced
6 garlic cloves minced
Fresh parsley, rosemary and thyme combined into a bundle
12 oz. Guinness Stout
1 quart beef stock
2 tsp. cornstarch
Salt and pepper to taste

Preparation

Season the meat with salt and brown in Canola Oil in a large stock pot.
Remove from pot and sprinkle with flour, shake off excess.
Add onions, garlic, carrots and celery to pan and sauté for a few minutes.
Add Guinness and deglaze pan.
Add potatoes, parsnips, turnips and browned meat to pot.
Add enough beef stock to just cover.
Bring to a boil, and then reduce heat to low and simmer for 2 to 3 hours until meat is tender.
Stir occasionally.



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