

IRISH WHISKEY BEEF STEW

This is my take on Irish Beef stew that is gluten-free and uses a whiskey vs beer.

SERVINGS	SERVING SIZE	TIME TO MAKE
12	16 Fl oz or 2 Cups	3 Hours

INGREDIENTS

- 4-5 Pounds Beef Stew
- 2 Tablespoons Beef Tallow or Olive Oil
- 2 Onions, chopped
- 6 Garlic Cloves, minced
- 1 Can Tomato Paste (6 ounces)
- 1 1/2 Tablespoons Brown Sugar
- 1/4-1/2 Cup Gluten-Free Flour (King Arthur Gluten Free)
- 3-4 Cups Broth
- 1 Shot Irish Whiskey (glute-free)
- 2-3 Tablespoon Oregano, dried
- 2-3 Tablespoon Parsley, dried
- 1 Pound Carrots, chopped (8-10)
- 1 Bunch Celery, chopped
- 4-5 Potatoes, large, chopped (boiled and save water)
- 1 teaspoon powdered Onion & Garlic

Garnishes

- Fresh Oregano & Parsley
- Horseradish

DIRECTIONS

- In a large Dutch oven or Crock Pot like an Instapot, sauté the beef with a dash of salt and pepper, and 1 Tablespoon each of oregano and parsley on medium to medium-high heat with 1 Tablespoon of Beef Tallow until the outer is brown. Remove from pan with juices.
- Using the same pot on medium heat, add 1 Tablespoon beef tallow/olive oil and sauté onions and garlic. Add dash of salt and pepper, and some additional dried oregano and parsley (1/2 to 1 tablespoon)

- Add tomato paste, brown sugar, and flour stir well. If it is really dry, you can add some juices from the meat
- Add the browned meat and broth and let it reach a simmer, cover and turn to low heat allowing a slow simmer. Stir and scrape any sticking to bottom of pan. Let this cook for ~ 1-2 hours. If using Crock Pot/Instapot, pressure cook on high for 90 minutes
- Meanwhile, boil potatoes, until fairly soft and breaks apart.
- Add potatoes, carrots, and celery, and about 1-2 cups potato water if needed additional liquid or more broth. I enjoy more dried parsley and oregano, maybe 1 teaspoon powdered onion and garlic (if needed), fresh herbs also work well at this time. Return lid and let simmer for another hour or Crock Pot/Instapot for 60 minutes on high pressure cook.
- Remove from oven, let rest for a few minutes for serving. Garnish with fresh oregano, horseradish, and finishing salt.
- Enjoy!

Nutritional Information per serving: 327 Calories, 10 grams Fat, 40 gram Saturated Fat, 98 mg Cholesterol, 398 mg Sodium, 25 grams Total Carbohydrates, 4 gram Fiber, 7 grams Sugar, 36 grams Protein, 283% Vitamin A, 19% Vitamin C, 6% Calcium, 25% Iron