

Football Tailgate Season Falcon Stew

Sunday, I gave you appetizing recipes for your first home Bengal Tailgate Party. I am a huge Bengal fan and supporter and I simply love football in the fall. All my boys have played football, my daughters cheered football, and we are all still cheering my one son, Brady, who is playing Division I football at Bowling Green, Ohio. The Bowling Green Falcons have an exciting schedule this year as we opened at the Cleveland Browns stadium against Wisconsin, won in triple overtime against Buffalo last week, and are playing Ohio State at Ohio State in October. The Falcon Parents have our Tailgate Parties before the game and to salute the Bowling Green Falcons and my son Brady, I came up with this recipe for Falcon Stew. It is quick and easy to do in a slow cooker and it's delicious. It'll travel well to the game and is warming and satisfying on chilly football days. The carrots meet up with the beef, as the Falcons' colors are orange and brown and I added a bottle of Guinness Irish Stout in honor of Brady's Irish heritage! This stew is not only the perfect choice for the chilly football days ahead, but is fantastic any night of the week --- nutritious, delicious, and naturally fun!

Falcon Stew (Go Brady!)

3 lbs.	Cubed Beef Stew Meat
¼ Cup	All Purpose Flour
3 Tab.	Olive Oil
2 Cups	Thick Slices of Carrots or halved baby carrots
4-5	Large Potatoes, peeled and cubed (approx. 4 Cups)
2	Onions, chopped (approx. 3 Cups)
1 Tsp.	Freshly ground Pepper
1 Tsp.	Kosher Salt
1 Tsp.	Garlic Powder
1 Tab.	Dried Thyme
1 Tab.	Brown Sugar
1 Tab.	Worcestershire Sauce
1	14 ½ oz. Can of Beef Broth
1	Bottle of Guinness Stout or dark beer or ale
2 Tab.	Tomato Paste
¼ Cup	Warm water
2 Tab.	All Purpose Flour
1 Cup	Thawed frozen Peas
¼ Cup	Fresh Parsley, chopped

Place meat in a large re-sealable plastic bag with the ¼ cup flour. Shake to coat. Heat olive oil in a large skillet over medium-high heat and add stew meat, cooking until evenly browned on the outside. Transfer the browned meat cubes to the slow cooker. Add the carrots, onions, and potato cubes on top of the meat. Top the meat and vegetables with the seasonings, freshly ground pepper through Worcestershire sauce. Top with the can of beef broth.

Pour the stout or dark beer into the hot skillet that you have taken the browned beef cubes out of and bring to boil, stirring to loosen the browned bits of food on the bottom of the skillet. Add the



two tablespoons of tomato paste to the stout in the skillet and stir to incorporate into the liquid. Remove from heat and pour into the slow cooker. Give the entire mixture a couple stirs.

Cover slow cooker and cook on high for 30 minutes. Reduce heat to low and cook for 6 hours or until meat is fork tender.

In a small bowl or cup, mix together 2 tablespoons of flour with $\frac{1}{4}$ cup warm water until smooth. Stir into stew, add the peas, and cook on high uncovered for 15 minutes or until thickened. Taste and adjust the seasoning.

Either stir the chopped fresh parsley into the mixture prior to serving or pass at the table.

Simply enjoy!

Jungle Jim's has fabulous dinner rolls that go perfect with this and sometimes I even serve warm, soft dough pretzels and cheese dip with this stew.

Simply delicious and your house will smell delicious as well!

*Football Fan and Football Mom,
Jungle Jim's Margie Potts*