

## Warm up to Winter with Winter Stew!

What better way to warm up to winter than with a steaming hot bowl of family style stew! This complete meal in a bowl is not only comforting, filling and nutritious, but also simple to put together and easy to cook in a slow cooker. Originally, I created this stew for tailgate parties where my son, Brady, plays college football. He plays for the Bowling Green State University Falcons. It's windy and cold up there and this stew is certainly warming and satisfying. We called it "Falcon Stew" in honor of the Falcons and added a bottle of Guinness Irish Stout in honor of Brady's Irish heritage! I hope you will enjoy it with friends and family, and remember to keep warm this winter with comforting, warm, and nutritious foods!

### Winter Stew (Originally Falcon Stew – see above)

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 resealable 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 ¼ 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.

(You may have thought I would create a chicken stew as a Falcon is a bird, but the Bowling Green colors are brown and orange (beef and carrots) and my son just loved the taste of this stew the first time I created it, so I hope you and yours will, too.)

Simply delicious and your house will smell delicious as well!

*Jungle Jim's Margie Potts*