

GUINNESS BEEF & BARLEY STEW

- 2.5 lbs. beef chuck, cut to spoon size pieces
- ½ lb. bacon, chopped
- 1 ½ red onions, diced
- 6 sticks celery, chopped
- 2 cups carrots, chopped
- 5 cloves garlic, chopped
- 4 potatoes, chopped
- 2 bottles Guinness Stout (12 oz each)
- 8 cups bone broth, or vegetable broth
- 1 can tomato paste (6oz.)
- 2 cups whole raw barley seed
- 2 Tbs. Worchester sauce
- 1 Tbs. garlic powder
- 2 tsp. Salt
- ½ tsp. pepper
- 1 Tbs. cornstarch (optional for thickening)
- Fresh thyme sprigs

Instructions:

Important Note:

This recipe makes about 7 quarts of stew. My largest crockpot is 5 quarts, so I make this recipe and divide it into two crockpots to cook. Why such a large batch? I freeze the stew for nanowrimo meals. That being said, for smaller batches scale down by half for a 4-5 quart pot.

Chop the bacon and fry. Use a slotted spoon to remove the bacon and place in crockpot, then brown the beef in bacon grease. Remove beef, then add chopped vegetables – only sweat them in the grease remains, then add all to the crockpot.

Add all ingredients except 1 bottle of Guinness, and the cornstarch.

Cook on high for four hours, then turn to low for two hours. Test potatoes for doneness.

In the last hour before serving, add the last bottle of Guinness. If you prefer a thicker stew, add 1 Tbs. cornstarch to ¼ water and whip, then add to the crockpot.

Remove thyme sprigs before serving.

For a porridge style stew, remove the crockpot and place in the refrigerator overnight, the oats will continue to swell and thicken. Then reheat the stew the next day for a Guinness style porridge.