

Belgian Beef Stew

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This traditional beef stew harkens back to Belgium, where beer is a unique ingredient. The result is an amazingly savory stew that falls apart in your mouth. Your guests will wonder how you achieved such a savory and earthy taste, and you'll enjoy how easy this recipe is!

Ingredients:

1/4 c. flour
1 1/2 tsp garlic powder
1 1/2-3 lbs boneless beef stew meat
2 Tbsp olive oil
1 (12) bottle dark beer
2-3 c. beef stock
2 large potatoes, cut into small chunks
1 onion, chopped
1/2 tsp pepper
1/2 c. chopped green onions

Directions:

1. In small bowl combine flour and garlic. Mix well. Add beef and toss to coat beef well.
2. Heat oil in large, heavy saucepan. Add beef and brown on all sides. Stir in beer and beef stock and bring to a boil. Reduce heat and gently simmer.
3. Add potatoes, onion, and pepper. Simmer, uncovered for 45 minutes to 1 1/2 hours or until beef and potatoes are tender. Remove from heat and stir in green onions.

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