

Guinness Beef Stew

Plant-It-Up, With Gluten-Free Version

The Daily Basil Blog
12 servings

Prep Time 30 min
Cook Time 3—8 hours

Instructions

1 Heat the oil in a frying pan. Cut the beef into bite-sized pieces and roll it in the flour or corn flour. Put the coated beef into the frying pan and sear the sides for 3 to 4 minutes. Stir several times. Continue until all the beef is seared.

2 Add the liquids and red lentils to your pot. Add the beef. In the frying pan, add more oil if necessary, and sear the onion, garlic, celery, mushrooms for a couple of minutes. You can also sear the other vegetables (except tomatoes), if you want. Add the seared vegetables, and tomatoes to the pot. Add the liquid seasonings.

3 You can use a slow cooker or a regular pot on the stove. In a slow cooker, let everything simmer for 6 to 8 hours and stir every couple of hours. In a pot, bring everything to a boil, then let the stew simmer for 2.5 to 3 hours. Stir every 30 minutes and adjust the heat so that the mixture doesn't stick and burn. In both cases, Add a little water if necessary.

4 Three-quarters of the way through the cooking, add the dry seasoning ingredients. When the cooking is finished, taste and add more liquid or dry seasoning, if desired. Serve in a bowl on mashed potatoes. Or you could add a little rice or noodles instead of mashed potatoes.

[View the cooking video here.](#)

[Read the recipe blog post.](#)

Cooking

A show of love

www.thedailybasil.com

YouTube-Debbie Esplin

Ingredients

1 Litre (4 cups) beef stock concentrated + 3 L (12 cups) water **OR**

2 L (8 cups) beef stock + 2 L water

1 can Guinness beer

15 mL (1 tbsp.) each Lemon juice, Balsamic or Apple vinegar, Beef concentrate,

450 g (1 lb) raw Beef, cubed

80 g (1/2 cup) Red lentils

3 Tomatoes, diced

100 g (1 cup) Mushrooms, chopped

3 Celery sticks, chopped

4 Carrots, cubed

100 g or 1 small Rutabaga, chopped

4 Potatoes, chopped

1 Parsnip, chopped

1/4—1/2 Onion, diced

1 clove Garlic, crushed, if desired

1—2 tsp each Salt, pepper, Thyme, Italian Seasoning,

1/2 tsp. Mustard powder

1 Bay leaf, if desired

Corn Starch or Flour & oil for searing

Note: If necessary, you can thicken with a roux, or with cornstarch for the gluten-free version.

