

# Guinness Stew

4 lbs	<i>beef chuck eye roast</i>	Preheat oven to 325°F (165°C).
2-3	<i>large onions</i>	Finely chop onions and sautee with some salt and oil in a Dutch oven until deep brown. Add tomato paste and crushed garlic, and stir until brown. Add flour and stir for about two minutes until fully incorporated and lightly browned.
1 Tbsp	<i>tomato paste</i>	
2 cloves	<i>garlic</i>	
¼ cup	<i>flour</i>	
28 fl oz	<i>chicken broth</i>	
10 fl oz	<i>Guinness</i>	Add chicken broth, ½ cup of Guinness, brown sugar and thyme. Cut meat into 1½" cubes, season with salt and pepper and add to the stew base.
20g	<i>brown sugar</i>	
1 tsp	<i>fresh thyme</i>	
1 lbs	<i>carrots</i>	
1½ lbs	<i>potatoes</i>	
2 Tbsp	<i>parsley</i>	Roast uncovered in the oven for 3½ hours. During the last 1½ hours, add 1" chunks of carrots and potatoes.
	<i>salt</i>	
	<i>pepper</i>	

Remove from oven and add remaining amount of Guinness, parsley, and salt and pepper to taste.