

Irish Beef in Guinness

2/3 lb. Beef, cubed
1/2 c. flour seasoned with salt and pepper
oil for frying
2 onions, sliced
4 cloves garlic, minced
3 carrots, sliced
1 tsp. Parsley, minced
1/2 tsp. Thyme
beef broth or stock
12 oz. Guinness beer

Dip beef in flour and coat on all sides. Brown in oil in batches, remove from heat. Saute onions and garlic in same oil and add to beef. Add carrots, parsley and thyme. Season with salt and pepper. Pour enough beef broth to cover and bring to a boil. Add Guinness. Reduce heat and simmer for 30 minutes. Turn heat up and reduce sauce to 1/2 original volume. Serve over mashed potatoes or potato pancakes.