

## Irish Beef Stew

### Ingredients:

2 tbsp. olive oil

1 onion chopped

3 cloves of garlic, minced

1 tsp. salt

½ tsp. red pepper

2 lbs. stew meat, cubed

3 cups stout beer such as Guinness

2 potatoes, peeled and quartered

2 potatoes diced

Salt and ground black pepper to taste

Heat olive oil and then stir in the onion and cook until tender. Add the garlic and cook for one minute more. Stir in beef, beer, potatoes and bring to a boil.

Cook until beef is tender. I like to cook it all day on low heat.