

Guinness Beef Stew

Ingredients

1 lb Beef Stew Meat	1 t Kosher Salt
1 t Ground Black Pepper	2 T Flour
2 T Butter	2 c Beef Broth
11 oz Guinness (one bottle)	1 T Worcestershire Sauce
1 T Soy Sauce	2 T Brown Sugar
2 t Garlic (minced)	1 t Rosemary (chopped)
1 t Thyme (chopped)	1 Onion (diced)
3 Carrots (peeled, chopped)	1/4 c Parsley (chopped)
1 lb Red Potatoes (chopped)	

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Instructions

1. In a large mixing bowl, place the meat and coat it with the flour, salt, and pepper.
2. Using an Instant Pot, add butter then press the sautÃ© button. Once butter has melted, add the meat. Brown the meat briefly on each side, for a few minutes.
3. Add beef broth, Guinness, Worcestershire sauce, soy sauce, brown sugar, garlic, tomato paste, rosemary, and thyme, then mix well. Now add carrots, potatoes, and onions and mix again.
4. Place the lid on the Instant Pot and close the steam valve. Press the "meat/stew" button, set for 35 minutes on high pressure. Once timer goes off wait 20 minutes for the pressure to naturally come down. Remove lid and add chopped parsley, serve immediately.