

Ranchero Beef Stew

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Ingredients:

- 2 pounds of beef stew meat, cut into 1" cubes
- salt and pepper
- 3 tablespoons of flour
- olive oil for cooking
- 1 onion, chopped
- 3 cloves of garlic, finely chopped
- 4 small carrots, peeled and cubed
- 1 tablespoon of dried oregano
- 1/2 cup of beer (I used an IPA)
- 1 (14.5 ounce) can of stewed tomatoes
- 1 (4 ounce) can of fire roasted diced green chilies
- 1 (14.5 ounce) can of beef broth
- 1/2 cup of pimiento-stuffed green olives, sliced
- 1/3 cup of fresh cilantro, chopped plus extra for garnish

Preparation:

Season beef with salt and pepper and coat with flour. In a large Dutch oven over medium high heat, add olive oil and meat. Cook until the beef is browned and golden around the edges, about 6-8 minutes. Do not crowd your pot. Do it in batches if necessary. Transfer meat to a bowl and set aside.

In the same pot, add chopped onions, garlic and carrots; lightly season with salt/pepper (don't over season as the olives are salty), sauté for 5 minutes. Add oregano and continue to stir, 2-3 minutes. Deglaze the pot with beer, scraping up any browned bits. Then add stewed tomatoes, diced green chilies, beef broth and green olives. Bring the stew to a boil and then reduce to low heat. Cover and simmer until beef is tender, about 1 hour. Check for seasoning, if needed and stir in cilantro. Ladle stew into a bowl and garnish with additional cilantro.