

Beef Stew with Caramelized Onions and Amber Lager

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Ingredients:

- 2 pounds of beef stew meat, cut into 1" cubes
- salt and pepper to season
- olive oil for cooking
- 1 tablespoon of unsalted butter
- 3 medium onions, sliced
- 4 small cloves of garlic, finely chopped
- 2 teaspoons of sugar
- 2 tablespoons of flour
- 1 1/2 teaspoons of dried thyme
- 1 dried bay leaf
- 3 carrots, peeled and sliced
- 1 (12 ounce) bottle of amber lager
- 1 cup of chicken broth
- 1 1/2 tablespoons of tomato paste
- fresh parsley, finely chopped for garnish

Preparation:

Season beef with salt and pepper. Toss to combine. In a large Dutch oven over medium high heat, add olive oil and beef. Work in batches and brown meat, about 5-7 minutes. Transfer browned meat to large bowl and repeat until all the meat is browned.

In the same pot, add butter, onions and garlic. Cook until onions soften, about 5 minutes. Reduce heat to medium and sprinkle in sugar. Continue to cook onion and stir occasionally until golden brown, about 15 minutes. Add flour, thyme, bay leaf and carrots. Raise the heat to medium high and continue to cook for 1-2 minutes. Pour in lager and let it come to a bubble then stir in broth and tomato paste and let it come to a boil.

Return stew meat and any accumulated juices in the bowl back to the pot and let it come to a bubble then reduce the heat to low. Cover and simmer until stew meat is tender, about 1 hour. Discard bay leaf and check for seasoning, if needed. Ladle stew into a bowl and garnish with parsley. Serve with mashed potatoes or crusty bread.