

Guinness Irish Beef Stew

Yield: 4 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/irish-beef-stew-recipes>

Ingredients:

- 3 tablespoons olive oil or avocado oil
- 3 pounds chuck roast cut into 1-inch pieces, well-marbled, NOT extra-lean
- 1 onion large, chopped
- 2 celery ribs, chopped
- 6 cloves garlic minced
- 12 ounces guinness Draught Stout, nitro-brewed
- 2 cups beef stock
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sea salt
- 1 teaspoon freshly ground pepper
- 2 teaspoons dried thyme
- 2 bay leaves
- 5 large carrots large, peeled and cut into 1/2-inch thick pieces, about 3 cups
- 2 tablespoons fresh parsley chopped, or chopped kale if making the colcannon
- 2 pounds sweet potatoes peeled and sliced 1/4-inch thick
- 4 tablespoons butter melted, plus more for serving
- 2 tablespoons heavy cream
- 1/2 teaspoon sea salt
- 2 cups chopped kale or chard
- 1/2 ounce fresh chives chopped