



Relic Twenty-8 Stew

Makes 8 Servings

INGREDIENTS

- ½ cup all-purpose flour
- 2 teaspoons salt, divided
- ½ teaspoon black pepper, divided
- 3 lbs of boneless lamb or beef stew meat (or both!), cut into ½ in cubes
- 3 tablespoons vegetable oil
- 1 cup chopped onion
- 1 can of Relic 28
- 1 teaspoon dried thyme
- 1 lb small new potatoes, quartered
- 1 lb carrots, peeled & cut into ½ inch pieces
- ¾ cup water
- 1 cup frozen peas
- ¼ cup chopped fresh parsley

DIRECTIONS

1. Combine flour, 1 teaspoon salt and ¼ teaspoon pepper in a large bowl. Add meat; toss to coat, shaking off excess. Discard any remaining flour mixture
2. Heat oil in Dutch oven over medium heat. Cook meat in batches for about 7 minutes until browned on all sides. Remove to a bowl.
3. Add onion and ¼ cup stout to Dutch oven & cook for 10 min, stirring to scrape up browned bits from the bottom of the pan. Return meat to Dutch oven; stir in remaining stout, thyme and remaining salt & pepper. If necessary, add enough water so the liquid just covers the meat. Bring to a boil over medium high heat. Reduce heat to low; cover and simmer 1 ½ hours or until meat is tender
4. Stir in potatoes, carrots & water. Cover and cook for 30 minutes or until the veggies are tender. Stir in peas and parsley; cook 5-10 more minutes until heated through.