



BUSTED KNUCKLE BEEF STEW

Prep Time: 20 min

Cook Time: 3 hours 30 min

Cool Time: 10 min

Yields 4 servings

1 tbsp olive oil
2 tbsp unsalted butter
1 lb yellow onion, thinly sliced
2 medium carrots, peeled and sliced
 $\frac{3}{4}$ lb red potatoes, cubed
1 lb beef stew meat
15 oz cream of mushroom soup
2 tbsp ground thyme
 $\frac{1}{2}$ tsp crushed red pepper flakes

(front)

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1. Preheat oven to 350 degrees.
2. Preheat a large saute pan for 3-5 minutes, until hot.
3. Add butter and olive oil to the preheated saucepan, swirling to mix.
4. When butter is melted, add sliced onions, turning to coat with butter/oil mixture, and cook on medium-high heat for 5 minutes until onions are softened.
5. Reduce heat to medium-low, cover, and cook, stirring every 8-10 minutes for approximately 30 minutes.
6. When onions are reduced by about two-thirds and are golden and fragrant, add $\frac{1}{4}$ cup of the beer and scrape the bottom of the pan to pick up any cooked-on bits. Remove from heat.
7. To the saute pan, add all remaining ingredients, mixing well, and then pour into a prepared casserole dish.
8. Cover tightly with foil (or lid) and place in oven.
9. Cook for 2- $\frac{1}{2}$ to 3 hours until sauce is dark-brown and bubbly and beef is fork tender.

(back)