



## Beef Stew

Pairs with: Cannery Brewing IPA  
Recipe submitted by: Louis Richer

### Ingredients:

- 1 kg of lean stewing meat
- 1 tablespoon of beef base
- 3 tablespoons of canola oil
- 1 celery branch 6 centimeters long in 4 sections
- 1 bay leaf
- 2 large onions cut in chunks
- 2 cups of baby carrots
- 2 tablespoons of diced tomatoes from a can
- 1 and 1/4 cup of Naramata Nut Brown Ale
- 1/3 cup of tomato juice
- 1 teaspoon of sage
- 1 pinch of cayenne
- 1 teaspoon of salt
- 1 teaspoon of pepper

### Cooking Directions:

1. Cut the beef in cubes of 4 to 5 centimeters and place in a deep pot with 1 tablespoon of canola oil.
2. Add the flour, cayenne pepper, sage, salt and pepper and mix.
3. Add the rest of the canola oil, put the heat at medium-high.
4. Add beef mix until the cubes are brown.
5. Add the beer, the onion, celery, carrots, tomatoes and tomato juice and bring to a boil.
6. Reduce to a simmer, cover and cook for 2 hours.

Prepares 6 servings. Preparation time 15 minutes; cooking time 2 hours and 15 minutes.