

Beef, Beer & Barley Stew



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Makes 4 servings

3T butter

1 leek, chopped

2 celery stalks, chopped

1 onion, chopped

1 1/2 pound beef stew meat

6c beef stock

2 cans dark beer

2/3c pearl barley

1/4c parsley, chopped

1 bay leaf

1/2t thyme

1 large potato, diced

salt and pepper

Melt butter in large soup pot. Sauté leek, celery, onion and beef stew over low heat for about 20 minutes, stirring occasionally.

Add beef broth, beer and barley. Bring to boil, add parsley, bay leaf, thyme and salt and pepper. Cover and simmer about 2 1/2 hours.

Add potato. Cover and simmer for 30~40 minutes. Remove bay leaf and cook an additional 10~15 minutes.

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Debbie Spangler ~ Certified Personal Chef

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