

## Mary Myers' Beef in Guinness

### Ingredients:

2 lb chuck steak, cubed  
plain flour, for coating  
3 tbsp oil  
1 large onion, sliced  
1 carrot, thinly sliced  
2 celery sticks, thinly sliced  
1 package sliced mushrooms  
2 tsp sugar  
1 tsp mustard powder  
1 tbsp tomato paste  
parsley, rosemary, and basil to taste (fresh works best, but dried is fine)  
2 bottles/cans Guinness  
salt and pepper

### Directions:

Toss the beef in flour to coat. Heat 2 tbsp of the oil in a large pan. Saute the beef until lightly browned, then transfer the meat to a bowl.

Add the remaining oil to the pan. Cook the onions until they are well done, adding the carrots, mushrooms, and celery towards the end.

Stir in the remaining ingredients and bring to a boil. Return the meat and any corresponding juices. Cover the pan tightly and cook on reduced heat (approx. medium) for 1 ½ – 2 hours, until the meat is tender.

I'm married to my wonderful husband, Bill Carey and we get together with a group of college buddies each fall. This became a quick favourite.