

## Son-of-a-bitch Stew

Serves 8-10

Prep Time: 1 hour

Cook Time: 3 hrs 45 minutes

### Ingredients

2	ea	cloves of garlic, minced
1	tsp	ground cumin
1	tsp	salt
½	tsp	pepper
¼	tsp	cinnamon
¼	C	packed brown sugar
5	lbs	boneless beef chuck steak, cut into 1 ½" cubes

[customarily made with heart, liver, brains, and entrails of a young calf]

2	Tbs	vegetable oil
2	ea	large onions, cut into wedges
1	ea	green pepper, cut into chunks
1	ea	12 oz bottle of dark beer
2	ea	tomatoes, diced OR
3	Tbs	tomato paste
1	tsp	dried chili flakes
16	ea	peeled baby carrots
5	ea	potatoes, cubed

### Directions

1. Preheat oven to 325F.
2. In a small bowl, stir together garlic, cumin, salt, pepper, cinnamon, and 1 Tbs of the brown sugar. Rub over beef and let stand for 1 hour at room temperature.
3. In a large ovenproof saucepan, heat oil over medium-high heat. In batches, cook meat, turning occasionally, for 5 minutes or until well-browned. Transfer meat to a bowl. Add onions and green pepper to saucepan; cook 5 minutes or until softened. Return meat to saucepan. Stir in beer, tomato, chili flakes and remaining brown sugar. Cover, put in oven and bake for 2 hours.
4. Stir in carrots and potatoes, cover and cook for 1 to 1 ½ hours longer or until vegetables and beef are tender.