## RECIPE OF THE MONTH


### St. Patrick's Day Beef Stew

This hearty, flavorful beef stew is a perfect meal that's both satisfying and energy-boosting. Just like a well-maintained boiler, this dish comes together with a perfect balance of ingredients to keep you fueled.

**Ingredients:**

- 2 lbs beef chuck, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 4 large potatoes, peeled and cubed
- 4 large carrots, chopped into chunks
- 2 celery stalks, chopped
- 1 cup peas (fresh or frozen)
- 1 tablespoon tomato paste
- 3 cups beef broth
- 1 cup Guinness beer (for that St. Patrick's Day touch)
- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste
- 2 tablespoons butter (optional, to add richness)

**Instructions:**

**Prepare the Beef:** Heat olive oil in a large pot or Dutch oven over medium heat. Brown the beef in batches, making sure each side gets a nice sear. This step helps lock in the flavors, just like sealing up those important boiler connections. Remove the beef and set it aside.

**Sauté Vegetables:** In the same pot, add chopped onions and garlic. Sauté for 3-5 minutes, until softened and fragrant. It's like the warming up of a boiler before it gets to full capacity.

**Simmer the Stew:** Return the beef to the pot, and stir in the tomato paste, beef broth, Guinness beer, Worcestershire sauce, thyme, rosemary, salt, and pepper. Bring the stew to a simmer. Add in the potatoes, carrots, and celery. Stir to combine, ensuring everything is well-coated and ready to go—like setting up the pipes to flow smoothly.

**Slow Cook:** Cover and cook on low heat for 2-3 hours, or until the beef is tender and the vegetables are cooked through. The stew will thicken, and the flavors will meld together beautifully, just like the perfect balance of heat and pressure in a well-maintained boiler system.

**Finish the Stew:** In the last 10 minutes of cooking, stir in the peas. If desired, stir in butter to add richness. Taste and adjust seasoning with more salt and pepper if needed.

**Serve:** Ladle the stew into bowls and serve with fresh crusty bread on the side for dipping. It's like the perfect balance of pressure and heat in a boiler—comforting and robust.