

# Foster's Body & Paint

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## Beer-Braised Stew

### Ingredients:

- 3 bacon strips, diced
- 2 lbs. beef stew meat, cut into 1 inch cubes
- 1/2 tsp. pepper
- 1/4 tsp. salt
- 2 Tbsp. canola oil
- 2 cups fresh baby carrots
- 1 medium onion, cut into wedges
- 1 tsp. minced garlic
- 1 bay leaf
- 1 can (12 oz.) beer or nonalcoholic beer
- 1 Tbsp. soy sauce
- 1 Tbsp. Worcestershire sauce
- 1 tsp. dried thyme
- 2 Tbsp. all-purpose flour
- 1/4 cup water
- Hot cooked noodles



### Preparations:

- 1.) In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, discarding drippings. Sprinkle beef with pepper and salt. In the same skillet, brown beef in oil in batches; drain.
- 2.) Transfer to a 5-qt. slow cooker. Add the carrots, bacon, onion, garlic and bay leaf. In a small bowl, combine the beer, soy sauce, Worcestershire sauce and thyme. Pour over beef mixture.
- 3.) Cover and cook on low for 5 ½ to 6 hours or until meat and vegetables are tender.
- 4.) In a small bowl, combine flour and water until smooth. Gradually stir into slow cooker. Cover and cook on high for 30 minutes longer or until thickened. Discard bay leaf. Serve beef with noodles.

Makes 8 servings

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