

## SLOW-COOKER BEER-BRAISED BEEF WITH ONIONS

(Adapted from "Cook's Country, Dec/Jan 2019")

Serves: 6-8

4 lbs	boneless beef chuck-eye roast, trimmed and cut into 1-1/2" pieces
Salt & Pepper	
2	large onions, sliced thin
1 cup	water
2 Tbsp	vegetable oil
1 Tbsp	packed brown sugar
1/4 cup	tomato paste
3	garlic cloves, minced
3	sprigs fresh thyme
3 Tbsp	all-purpose flour
1-1/2 cups	Belgian-style or lager beer *
1 cup	chicken broth
1/4 cup	chopped fresh parsley



1. Season beef with salt and pepper and place in slow cooker. Combine onions, water, oil, sugar, ½ tsp salt and ¼ tsp pepper in 12" nonstick skillet. Bring mixture to boil over medium-high heat. Cover and cook until onions are softened and water is nearly evaporated, about 10 minutes.
2. Uncover and continue to cook, stirring often, until onions are soft and dark brown, 8-10 minutes longer. Add tomato paste, garlic and thyme sprigs and cook until fragrant, about 1 minute. Stir in beef and broth and bring to simmer. Cook until thickened, about 2 minutes.
3. Transfer onion mixture to slow cooker and stir to combine. Cook until beef is tender, 6-7 hours on high or 8-10 hours on low. Discard thyme sprigs. Skim fat from surface of stew. Stir in parsley and season with salt and pepper to taste. Serve with egg noodles.

\* For best results, use Belgian-style beer, but light lagers will as work well. Avoid strongly hopped, bitter beers such as IPAs.