

Irish Beef and Pepper Pot



- ❖ In a large pot over medium heat, warm the oil.
- ❖ Season with salt and pepper, and cook the beef until browned.
- ❖ Remove beef and transfer to a plate and set aside.
- ❖ In the same pot, add the onions and garlic and cook 3 to 4 minutes, or until lightly softened.
- ❖ Add the peppers and celery and cook 3 to 4 minutes, or until lightly softened.
- ❖ Add the tomato paste, broth, whiskey, salt, and pepper.
- ❖ Bring to a boil, then reduce heat to medium-low and simmer for 15-20 minutes, or until peppers are tender and the sauce is thickened.
- ❖ Stir in the beef and cook until heated through.
- ❖ Serve in bowls and sprinkle with parsley. Serve with biscuits and a pint of Guinness.

Ingredients

Serves 4

- *2 tablespoons olive oil*
- *1 pound filet mignon, cut into thin strips*
- *½ large or 1 small Spanish onion, sliced and cut into thin strips*
- *1 clove garlic, minced*
- *½ large or 1 small red pepper, cut into thin strips*
- *½ large or 1 small green pepper, cut into thin strips*
- *2 stalks celery, cut crosswise into 2 inch thin strips*
- *2 tablespoons tomato paste*
- *2 cups beef broth*
- *1 to 2 shots of Jameson Irish Whiskey*
- *Salt and pepper to taste*
- *Parsley for garnish*

