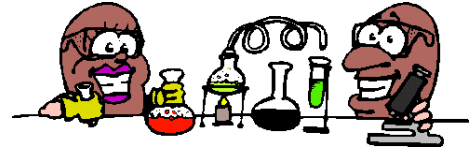


A recipe from

DAD'S COOKBOOK



Rating:



Beef Pepper Pot “An Muileann”

Similar to Recipe in “The Irish Pub Cookbook” by Margaret M. Johnson

A great variation on beef stew, served with pride at the Mills Inn in Ballyvourney, Co. Cork...

*1 lb beef tenderloin
2 Tbsp light olive oil
1 red onion
1 yellow onion
1 tsp minced garlic
½ red bell pepper
½ yellow bell pepper*

*2 stalks celery
2 Tbsp tomato paste
1 can (15 oz) low-sodium beef broth
kosher salt and ground black pepper
minced flat-leaf parsley, garnish
Cheddar-Herb Biscuits*

Cut the beef into thin strips. Brown the meat in oil for 4-5 minutes in a deep skillet over medium heat. While beef is browning, cut onions into thin strips. Transfer beef to a plate and retain. Add onion and garlic to skillet and sauté for 3-4 minutes. Remove seeds and ribs, then slice peppers into thin strips; add to skillet. Cut celery into 2-inch lengths, then into thin strips; add to skillet. Add remaining ingredients down through salt and pepper. Bring to a boil, then reduce to a simmer; cook, uncovered, for 15-20 minutes, or until sauce thickens a bit and peppers are tender. Stir beef back into the skillet and heat through. Garnish and serve with biscuits.

Yield: About four servings
Preparation time: 10 minutes
Cooking time: 30 minutes

