

Idiot's Kitchen Shopping List – Carbonnade, Belgian Beef & Beef Stew

Recipe from www.idiotskitchen.com – Adapted from simplyrecipes.com



3 – 3 ½ pounds chuck roast

butter
olive oil
flour

¾ cup beef broth

Brown Sugar
Whole Grain Mustard

4 medium yellow onions

1 (750 ml) bottle Chimay Belgian Ale (Blue Label Reserve preferred)

3-4 sprigs fresh thyme
2 bay leaves
1 pinch (1/8 teaspoon) Allspice
Salt & Pepper