

Old Time Beef Stew

2 Tablespoons vegetable oil
2 pounds chuck cut up
1 medium onion, sliced
1 clove garlic
2 cups water
2 cups Guinness
1 teaspoon salt
1/2 teaspoons pepper
1 teaspoon Italian seasoning
dash of allspice
1 teaspoons Worcestershire sauce
1 teaspoon soy sauce
1 Tablespoon vinegar
1 Tablespoon lemon juice
1 1/2 teaspoon paprika
1 bay leaf
6 carrots cut on diagonal
1 pound medium potatoes cubed
1/4 cup cold water
2 Tablespoon flour

Brown beef in vegetable fat about 20 minutes. Turn often. Stir in next 14 ingredients and simmer 1 1/2 hours. Stir, remove garlic and bay leaf. Add vegetables. Cook 30 minutes longer. Mix 1/4 cup water and flour. Add. Simmer 5 minutes.