

# Asheville Brew Stew

You will need:

Shopping List	Asheville Brew Stew
<b>Protein</b>	Choose one below:
boneless, skinless chicken thighs	2-3 pounds or
chicken breasts	2-3 pounds or
stew beef	2-3 pounds or
stew lamb	2-3 pounds or
ground beef or lamb	
peeled shrimp	2 pounds
<b>Miscellaneous</b>	
oil or ghee	2 tablespoons
Fresh garlic	2 cloves
tomato sauce	1 small can (8oz)
onions	1
beef or chicken broth	1 cup
dark beer	6 oz
carrots	2 small
celery	2 sticks
white potatoes	2 medium
fresh parsley (optional)	chopped
For non-meat eaters - vegetables, tofu, plant protein or fish can be substituted in any recipe. Adjust cooking times accordingly	



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