

## Booyah Stew

(4-6 servings)



### Ingredients:

- 1 cooked Rotisserie Chicken, skin discarded, meat pulled & chopped
- 1 lb Beef Stew Meat (preferably chuck roast)
- 1 tbsp Flour
- 14 oz Polish Kielbasa, Medium dice
- Olive oil, as needed
- 1 lg Spanish Onion, medium dice
- 1 red Bell Pepper, seeded & medium dice
- 6 Celery ribs, medium dice
- 2 lg Carrots, peeled & medium dice
- 1 lg Turnip, peeled & medium dice
- 2 lg red Potatoes, medium dice
- 1 cup Pearl Barley
- 1cup frozen Corn
- 1 cup frozen green Peas
- 1 tbsp Italian seasoning
- 1 tsp red Pepper flakes
- 1 tsp Salt
- 1 tsp black Pepper (ground)
- 1 (14½ oz) can diced Tomatoes with juice
- 1 (48 oz) can Chicken broth
- 8 oz Beer

### Directions:

- Remove all the meat from the cooked chicken and discard the skin.
- You can reserve the bones for making stock.
- Chop the meat into bite size pieces. (½" cubes).
- Refrigerate the meat until needed.
- Cut the beef chuck roast into 1" cubes and put into a resalable plastic bag.
- Add 1 tbsp of flour to bag and shake until all the meat cubes are coated.
- Heat 2 tbsp oil in 8 qt pot.

When hot, add the meat and brown on all sides.  
Remove browned beef with a slotted spoon and reserve, repeat with remaining beef cubes.  
Cut kielbasa into strips and cube (½").  
Add to hot pot and cook over medium high heat until browned.  
Remove with slotted spoon and add to beef.  
Do not drain fat from pot.  
Add onion, celery, red bell pepper, carrots, and the turnip to the pot.  
Sweat the vegetables over medium high heat until the onions are translucent.  
Add the Italian spice blend and the hot pepper flakes.  
Cook for 2 more minutes.  
Add can of diced tomatoes.  
Stir and continue to cook for 5 minutes.  
Add chicken broth and bring to a simmer.  
Add reserved chicken, beef, and sausage to pot.  
Bring to a simmer and cover, simmer for 10 minutes.  
Drain diced potatoes and add to pot along with barley.  
Cover and simmer all for 10 more minutes.  
Add frozen peas and corn.  
Add salt and pepper.  
Simmer 1 more minute.  
Taste and adjust seasoning.  
Just before serving add beer.