

This Bone Marrow Beef Stew Is My Ultimate Cold-Weather Comfort Food-Deeply Savory and Slow-Cooked to

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TIME
20 min

METHOD
Slow cooker

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SAVE
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INGREDIENTS

- 2 lbs beef chuck, cut into 1-inch cubes
- 4 beef marrow bones
- 2 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 4 carrots, sliced
- 3 potatoes, diced
- 4 cups beef broth
- 1 cup red wine
- 2 bay leaves
- 1 teaspoon thyme
- Salt and pepper to taste

DIRECTIONS

1. In a large pot, heat the olive oil over medium-high heat. Add the beef cubes and sear until browned on all sides. Remove and set aside.
2. In the same pot, add the diced onion and garlic. SautØ until the onion is translucent.
3. Add the carrots and potatoes, stirring to combine. Cook for another 5 minutes.
4. Return the beef to the pot along with the marrow bones. Pour in the red wine, scraping the bottom of the pot to deglaze.
5. Add the beef broth, bay leaves, thyme, salt, and pepper. Bring to a boil, then reduce heat to low and cover.
6. Let it simmer for about 3 hours, stirring occasionally, until the beef is tender and the flavors are well combined.
7. Remove the marrow bones before serving, and enjoy your stew with crusty bread or over rice!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-bone-marrow-beef-stew-is-my-ultimate-cold-weather-comfort-food-deeply-savory-and-slow-cooked-to/>