

Traditional Irish Beef Stew - A Hearty, Alcohol-Free Classic for Cozy Comfort

Why This Irish Stew is Always a Win



TIME
4 min

METHOD
Slow cooker

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INGREDIENTS

- 2 tbsp olive oil
- 2 lbs beef stew meat, cut into chunks
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 carrots, sliced
- 3 potatoes, peeled and cubed
- 2 celery stalks, chopped
- 4 cups beef broth (choose a good-quality, low-sodium version)
- 2 tbsp tomato paste
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 2 bay leaves
- Salt and black pepper, to taste
- 2 tbsp cornstarch + 2 tbsp water, for thickening (optional)
- Fresh parsley, chopped for garnish (optional)

DIRECTIONS

- 1.** Brown the Beef: I heat olive oil in a large Dutch oven or stew pot over medium-high heat. Then I brown the beef chunks in batches-this step is essential for building deep, rich flavor.
- 2.** Once browned, I set the beef aside on a plate and move on to the aromatics.
- 3.** SautØ Onions and Garlic: In the same pot (without cleaning it-those brown bits are gold), I sautØ the onions for about 3-4 minutes until they soften and start to caramelize.
- 4.** I add the garlic and cook for another minute, just until fragrant.
- 5.** Add Tomato Paste and Veggies: I stir in the tomato paste, then add the carrots, potatoes, and celery. Letting the tomato paste cook for a couple of minutes helps it lose its raw edge and adds depth to the broth.
- 6.** Build the Stew: I return the beef to the pot and pour in the beef broth, then season with thyme, rosemary, bay leaves, salt, and pepper.
- 7.** Bring everything to a gentle boil, then immediately reduce the heat to low, cover, and let it simmer for 1½ to 2 hours. The stew should be bubbling gently, not boiling hard.
- 8.** During this time, the beef becomes fork-tender, and the vegetables turn silky and flavorful.
- 9.** Thicken the Broth (Optional): If I want a thicker stew, I stir together 2 tbsp cornstarch and 2 tbsp water, then pour it into the stew. I simmer for another 5 minutes until the broth thickens slightly.

10. Tip: Don't forget to remove the bay leaves before serving.
11. Garnish and Serve: Right before serving, I sprinkle in a bit of fresh parsley. It adds a touch of color and a pop of freshness that balances the richness of the stew.
12. I ladle it up steaming hot, often with a thick slice of crusty bread on the side.

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

Original recipe: <https://chefmaniac.com/traditional-irish-beef-stew-a-hearty-alcohol-free-classic-for-cozy-comfort/>