

Rich and Nourishing Beef and Vegetable Stew - A One-Pot Recipe

This stew stands out for several reasons:



TIME
20 min

METHOD
Slow cooker

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INGREDIENTS

- 2 lbs beef chuck, cut into 1-inch cubes
- 4 cups beef broth
- 3 carrots, sliced
- 2 potatoes, diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup green beans, trimmed
- 2 tbsp tomato paste
- 1 tsp dried thyme
- Salt and pepper to taste
- 2 tbsp olive oil

DIRECTIONS

1. In a large pot, heat the olive oil over medium-high heat. Add the beef cubes and brown them on all sides, about 5-7 minutes.
2. Remove the beef and set it aside. In the same pot, add the chopped onion and garlic, sautéing until translucent.
3. Stir in the tomato paste, cooking for another minute before adding the beef back into the pot.
4. Pour in the beef broth and bring to a boil. Add the carrots, potatoes, thyme, salt, and pepper.
5. Reduce the heat to low, cover, and let it simmer for about 1.5 hours, stirring occasionally.
6. In the last 15 minutes of cooking, add the green beans and adjust seasoning if necessary.
7. Serve hot, garnished with fresh herbs if desired.

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

Original recipe: <https://chefmaniac.com/rich-and-nourishing-beef-and-vegetable-stew-a-one-pot-recipe/>