

Rich and Savory Beef Stew Served Over Fluffy White Rice

Hearty Beef Stew Over Fluffy Rice



TIME
3 min

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INGREDIENTS

? For the Stew:

- 1½ lbs beef chuck, cut into chunks
- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 cups beef broth
- 1 cup water
- 2 tbsp tomato paste
- 1 tsp Worcestershire sauce
- 2 large potatoes, cubed
- 2 carrots, sliced
- 1 cup green peas
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp thyme
- ½ tsp paprika

? For Serving:

- 2 cups cooked white rice
- Fresh parsley, chopped (for garnish)

Swaps and Notes:

Meat Options: Chuck roast is ideal, but stew meat or even short ribs work well.

Vegetables: Try adding parsnips, celery, or mushrooms for variation.

Thicker Stew? Stir in a cornstarch slurry (1 tbsp cornstarch + 2 tbsp water) at the end.

Low Carb: Swap white rice for cauliflower rice or serve solo with crusty bread.

Step-by-Step Instructions:

1 Brown the Beef:

2 SautØ the Aromatics:

3 Build the Stew:

4 Simmer Low and Slow:

5 Finish and Serve:

Tips for Success:

Sear in batches to get a good crust on the beef.

Simmer gently to avoid drying out the meat.

Let it rest for a few minutes before serving so the flavors settle and thicken.

Serving Suggestions and Pairings:

DIRECTIONS

1. **Brown the Beef:** Heat olive oil in a large pot over medium-high heat. Add beef chunks in batches (don't crowd the pan) and brown on all sides. Remove and set aside.
2. **SautØ the Aromatics:** In the same pot, reduce heat to medium. Add onion and garlic and sautØ for 2-3 minutes until fragrant. Stir in tomato paste and Worcestershire sauce.
3. **Build the Stew:** Pour in beef broth and water, scraping up any browned bits from the bottom. Return beef to the pot. Add potatoes, carrots, salt, pepper, thyme, and paprika. Bring to a simmer.
4. **Simmer Low and Slow:** Cover and simmer on low for 1½ hours, or until beef is fork-tender and potatoes are cooked through. Stir occasionally and adjust seasoning as needed.
5. **Finish and Serve:** Stir in peas and simmer for 5 more minutes. Serve hot over a bed of fluffy rice. Garnish with chopped parsley.
6. **Tips for Success:** Sear in batches to get a good crust on the beef.
7. **Simmer gently** to avoid drying out the meat.
8. **Let it rest** for a few minutes before serving so the flavors settle and thicken.
9. **Serving Suggestions and Pairings:** Make it a full, soul-warming meal with:
10. **Easy :** Turkey Wings for a Southern-style spread
11. **Cajun :** Chicken Sausage Gumbo to keep the comfort vibes going
12. **Dorito :** Casserole if you want bold flavors with a crunch

13. Tomato : Skillet with Okra and Sausage for veggie-packed comfort
14. Chicken : Enchiladas for a cozy dinner duo
15. Serve with crusty bread, cornbread, or a light salad for balance.
16. Storage and Leftover Tips: Store leftovers in an airtight container in the fridge for up to 4 days.
17. Reheat on the stove or microwave, adding a splash of broth or water if needed.
18. Freeze for up to 3 months. Thaw overnight in the fridge before reheating.
19. More Recipes You'll Love: Craving more comfort food goodness? Try these next:
20. Easy : Turkey Wings
21. Cajun : Chicken Sausage Gumbo
22. Tomato : Skillet with Okra and Sausage
23. Chicken : Enchiladas
24. Dorito : Casserole
25. Final Thoughts: This Hearty Beef Stew Over Fluffy Rice is everything you want in a comforting, one-pot dinner-tender beef, rich broth, soft veggies, and the kind of flavor that deepens with every spoonful. It's the perfect dish to warm up a cold night, feed a hungry family, or stock your freezer with meals you'll be thrilled to reheat.

SWAPS & NOTES

Meat Options : Chuck roast is ideal, but stew meat or even short ribs work well.

Vegetables : Try adding parsnips, celery, or mushrooms for variation.

Stir in a cornstarch slurry (1 tbsp cornstarch + 2 tbsp water) at the end.

Low Carb : Swap white rice for cauliflower rice or serve solo with crusty bread.

TIPS FOR SUCCESS

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Simmer gently to avoid drying out the meat.

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