

Hearty Beef Stew in a Cast Iron Pot - Classic Comfort in Every Bite

If you're craving a deeply flavorful, comforting meal that warms you from the inside out, this



TIME
5 min

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INGREDIENTS

For the Stew:

- 2 lbs beef stew meat (chuck or round), cut into 1 $\frac{1}{2}$ -inch cubes
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, diced
- 3 large tomatoes, diced (or 1 can diced tomatoes)
- 4 cups beef broth
- 1 cup red wine (optional but recommended)
- 2 tsp fresh thyme leaves
- 2 bay leaves
- 1 tbsp tomato paste
- ... cup all-purpose flour
- $\frac{1}{2}$ tsp dried rosemary (or fresh, if available)
- 1 tbsp Worcestershire sauce
- 1 tbsp balsamic vinegar (optional)
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Brown the Beef: Heat olive oil in a large cast iron pot or Dutch oven over medium-high heat.
- 2.** Season beef cubes with salt and pepper, then brown in batches to get a rich sear.
- 3.** Remove browned beef and set aside.
- 4.** SautØ the Aromatics: In the same pot, add onion and garlic.
- 5.** SautØ for 5 minutes, scraping up browned bits, until soft and fragrant.
- 6.** Deglaze with Wine: Stir in tomato paste, cooking for 1 minute.
- 7.** Add red wine to deglaze the pot, scraping up any stuck-on bits.
- 8.** Let reduce by half, about 5 minutes.
- 9.** Simmer the Stew: Return beef to the pot. Add carrots, celery, tomatoes, beef broth, thyme, rosemary, bay leaves, Worcestershire sauce, and balsamic vinegar.
- 10.** Bring to a low boil, then reduce heat and simmer for 1 $\frac{1}{2}$ to 2 hours, uncovered or partially covered, until the beef is tender.
- 11.** Thicken the Broth: In a small bowl, mix flour with 2-3 tbsp water to form a slurry.
- 12.** Stir into the stew and simmer for another 10-15 minutes, until thickened to your liking.
- 13.** Finish and Serve: Remove bay leaves, taste and adjust seasoning.
- 14.** Garnish with chopped parsley and serve hot with crusty bread, biscuits, or over mashed potatoes.

SWAPS & NOTES

Meat : Lamb or pork shoulder can be swapped for beef for a twist.

Thickener : Instead of flour slurry, mash 1-2 pieces of cooked potato to naturally thicken.

Vegetable Add-Ins : Add potatoes, parsnips, or green beans for variety.

Use extra beef broth and a splash of vinegar or balsamic for depth.

TIPS FOR SUCCESS

Sear in batches -crowding the pan steams the meat instead of browning it.

Use low and slow heat once simmering to ensure tender beef.

A good cast iron Dutch oven keeps heat even and holds flavor like no other.

This stew tastes even better the next day.

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

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