

Braised Beef with Red Peppers and Caramelized Onions - A Tender, Savory Classic

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OVEN
325°F

TIME
4 min

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INGREDIENTS

For the Braised Beef:

- 2.5 to 3 lbs beef chuck roast (or brisket)
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 large onion, chopped
- 4 cloves garlic, smashed
- 1 cup red wine (optional, for deglazing)
- 2 cups beef broth (low-sodium)
- 1 bay leaf
- 2-3 sprigs fresh thyme (or 1 tsp dried thyme)
- 1-2 tbsp Worcestershire sauce
- 1 tbsp balsamic vinegar (optional, for depth)

For the Gravy:

- 1 tbsp flour
- 2 tbsp unsalted butter
- 1 cup reserved braising liquid

For the Red Peppers and Caramelized Onions:

- 2 large red bell peppers, sliced
- 1 large onion, thinly sliced
- 1 tbsp olive oil
- 1 tsp sugar

DIRECTIONS

1. Brown the Beef: Preheat oven to 325°F (163°C).
2. In a large : Dutch oven, heat olive oil over medium-high heat.
3. Season beef roast with salt and pepper. Sear for 3-4 minutes per side until browned. Remove and set aside.
4. SautØ the Aromatics: In the same pot, add chopped onion and garlic. Cook for 2-3 minutes until fragrant.
5. Pour in red wine and scrape up browned bits. Simmer 2-3 minutes to reduce.
6. Braise the Beef: Return beef to the pot. Add beef broth, bay leaf, thyme, Worcestershire sauce, and balsamic vinegar.
7. Bring to a simmer, then cover and transfer to oven.
8. Braise for 3-4 hours, until beef is tender and pulls apart easily.
9. Caramelize the Peppers and Onions: While beef braises, heat olive oil in a skillet over medium heat.
10. Add sliced red peppers and onions with a pinch of salt and sugar.
11. Cook, stirring occasionally, for 15-20 minutes until softened and caramelized.
12. Make the Gravy: After braising, remove beef and shred or slice. Strain 1 cup of the braising liquid.
13. In a saucepan, melt butter. Whisk in flour and cook for 1 minute.
14. Gradually add reserved liquid and whisk until smooth. Simmer until thickened. Season to taste.
15. Serve: Plate shredded or sliced beef with a spoonful of gravy, and top with caramelized peppers and onions.

16. Garnish with fresh parsley if desired, and serve with mashed potatoes, creamy polenta, or crusty bread.

SWAPS & NOTES

Meat : Short ribs or beef shanks work beautifully if you don't

have chuck roast.

Wine-free : Skip the wine and deglaze with extra broth or 2
tbsp balsamic vinegar.

Add heat : Toss a few crushed red pepper flakes into the peppers

for a touch of spice.

Vegetable add-ins : Add mushrooms or carrots to the braise for more variety.

TIPS FOR SUCCESS

Brown your beef well -those crusty edges equal deep flavor.

Let the beef rest before shredding to retain juiciness.

Caramelizing takes patience -don't rush the peppers and onions; low and slow is key.

Make ahead and reheat-it's even better the next day.

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

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