

Hearty Beef & Potato Soup: A Comforting One-Pot Meal

When the weather turns chilly or you're simply craving a bowl of pure, wholesome comfort, this



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2 min

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INGREDIENTS

- 1.5 tbsp olive oil
- 1 lb stewing beef, cut into 1-inch cubes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 onion, chopped
- 3 cloves garlic, minced (about 1 tbsp)
- 2 celery stalks, cut into 1/2-inch pieces
- 3 carrots, cut into 1/2-inch pieces (halve larger ones)
- 4 tbsp all-purpose flour
- 2 1/2 cups beef broth/stock
- 1 1/2 cups (375ml) dry red wine, Guinness beer, or stout
- 1.5 cups (375ml) water
- 2 tbsp tomato paste
- 2 bay leaves
- 1 tsp dried thyme
- 1 cup frozen peas
- 2 medium potatoes (any type like Russet, Yukon Gold, or red), cut into 1-inch cubes

DIRECTIONS

1. Let's get this delicious : Beef & Potato Soup simmering!
2. **Brown : Beef:** Heat 1 tablespoon of olive oil in a large, heavy-based pot or Dutch oven over high heat until very hot. Pat the 1 lb stewing beef cubes dry thoroughly with paper towels, then sprinkle them with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Brown the beef aggressively in 2 or 3 batches, ensuring not to overcrowd the pot. This creates a deep, rich flavor. Remove the browned beef into a bowl and set aside.
3. **SautØ Aromatics:** If the pot looks dry after removing the beef, add a touch more olive oil (0.5 tbsp). Reduce heat to medium. Add the 3 cloves minced garlic and 1 chopped onion. Cook for 2 minutes, stirring.
4. **Add : Remaining Veggies & Flour:** Add the 3 cut carrots and 2 cut celery stalks to the pot. Cook for another 2 minutes, or until the onion is translucent and the vegetables start to soften. Stir in the 4 tablespoons of all-purpose flour and cook for 1 minute, stirring constantly, to create a light roux.
5. **Add : Liquids & Beef:** Slowly pour in the 2 1/2 cups beef broth/stock while constantly whisking to prevent lumps. Add the 1 1/2 cups dry red wine/Guinness/stout, 1.5 cups water, 2 tablespoons tomato paste, 2 bay leaves, and 1 teaspoon dried thyme. Stir everything well until combined. Return the browned beef (and any accumulated juices) back into the pot.
6. **First : Simmer:** Bring the soup to a gentle simmer. Cover the pot, adjust the heat to medium-low so it's bubbling gently, and simmer for 1 hour 15 minutes, or until the beef is tender when pierced with a fork.

7. **Add : Potatoes & Peas:** Add the 2 cut potatoes and 1 cup frozen peas to the pot. Stir well. Continue to simmer for a further 20 minutes without the lid, or until the potatoes are cooked through and tender. If you're adding cooked mushrooms, stir them in during the last 5 minutes of this step.
8. **Adjust & : Serve:** The soup is ready when the potatoes are cooked and the beef is very tender. Taste the soup and adjust salt and pepper to taste. Remove the bay leaves before serving. Ladle hot into bowls and enjoy!

SWAPS & NOTES

Stewing Beef: Chuck roast or beef stew meat cut into 1-inch cubes works best for its tenderness after slow cooking.

Red Wine/Guinness/Stout: The alcohol adds incredible depth of

flavor that cooks out during simmering.

Use a dry red wine (like Cabernet Sauvignon or Merlot), or a rich dark beer like Guinness or a stout.

If you prefer to avoid alcohol, simply use an additional 1.5 cups

of beef broth.

TIPS FOR SUCCESS

Pat Beef Dry: This is crucial for achieving a good brown sear on the beef, which adds immense flavor to the soup.

Don't Crowd the Pot: Brown beef in batches.

Crowding lowers the pan temperature and steams the meat instead of browning it.

Scrape Up Bits: After browning the beef and sautéing the vegetables, use a wooden spoon to scrape up all the browned bits from the bottom of the pot when adding the liquids.

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