

Hearty Beef and Vegetable Stew: The Ultimate Comfort Food Classic

When you need a dish that's warm, filling, and full of flavor, this



TIME
2-3 min

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INGREDIENTS

- 2 lbs beef chuck, cut into 1-inch cubes
- 2 tbsp olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 3 medium carrots, sliced
- 3 medium potatoes, cubed
- 2 celery stalks, sliced
- 1 cup green beans, trimmed and cut into pieces
- 2 tbsp tomato paste
- 1 cup red wine (optional, for depth of flavor)
- 4 cups beef broth
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 2 bay leaves
- Salt and pepper to taste
- 2 tbsp flour (for thickening, optional)
- Fresh parsley, chopped (for garnish)

Instructions:

Sear the Beef: Heat the olive oil in a large pot or Dutch oven over medium-high heat. Season the beef cubes with salt and pepper, then sear them in batches until browned on all sides. Remove the beef and set aside.

Cook the Aromatics: In the same pot, add the onion and garlic. Cook for 2-3 minutes, stirring frequently, until fragrant and softened.

Deglaze the Pot: Stir in the tomato paste and cook for 1 minute. If using, add the red wine to deglaze the pot, scraping up any browned bits from the bottom. Simmer for 2-3 minutes until slightly reduced.

Build the Stew: Return the beef to the pot and add the beef broth, thyme, rosemary, and bay leaves. Bring to a simmer, then reduce the heat to low. Cover and let it cook for 1 hour, stirring occasionally.

Add the Vegetables: Stir in the carrots, potatoes, celery, and green beans. Continue to simmer for another 30-40 minutes, or until the beef is tender and the vegetables are cooked through.

Thicken the Stew (Optional): If you prefer a thicker stew, mix 2 tbsp of flour with 2 tbsp of water to form a slurry. Stir it into the stew and simmer for an additional 5-10 minutes until thickened.

Finish and Serve: Remove the bay leaves and garnish with fresh parsley. Serve hot with crusty bread or over mashed potatoes for a complete meal.

Tips for the Best Beef and Vegetable Stew:

Choose the Right Cut: Beef chuck is ideal for stews because it becomes tender and flavorful with slow cooking.

Make It Ahead: This stew tastes even better the next day as the flavors meld together.

Customize the Veggies: Swap in parsnips, turnips, or mushrooms to make it your own.

Why You'll Love This Recipe:

DIRECTIONS

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11. Why You'll Love This Recipe: This Hearty Beef and Vegetable Stew is the epitome of comfort food. It's deeply satisfying, packed with nutrients, and perfect for feeding a crowd or enjoying leftovers throughout the week. The combination of tender beef, fresh vegetables, and a savory broth makes it a timeless classic.
12. Have you tried this recipe? Let me know your thoughts, and don't forget to share it with friends and family who love a cozy, homemade meal. For more delightful recipes like this, visit I Wuv Cooking.

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