

## Easy and Hearty Braised Beef: A Perfect Comfort Meal

Some meals are worth the wait, and this



**TIME**  
**5 min**

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### INGREDIENTS

500g beef chuck roast (or similar cut), cut into large chunks  
2 tablespoons olive oil  
1 large yellow onion, chopped  
3 cloves garlic, minced  
2 large carrots, chopped into large chunks  
2-3 baby potatoes, halved (optional)  
2 cups beef broth  
1 cup red wine (optional, for depth)  
2 tablespoons tomato paste  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
Salt and black pepper to taste  
Fresh parsley for garnish  
1 cup polenta (cornmeal)  
4 cups water or chicken/vegetable broth  
2 tablespoons butter  
1/2 cup grated Parmesan cheese  
Salt and pepper to taste

### DIRECTIONS

- 1. Sear the : Beef:** Heat the olive oil in a heavy-bottomed pot or Dutch oven over medium-high heat. Pat the beef chunks dry and season them generously with salt and pepper. Sear the beef on all sides until it has a deep brown crust. This step is crucial for building flavor. Remove the beef from the pot and set it aside.
- 2. Build the : Flavor Base:** In the same pot, add the chopped onion and cook until it's soft and translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant. Stir in the tomato paste, chopped carrots, and potatoes (if using), cooking for another minute.
- 3. Slow : Braise:** Pour in the beef broth and red wine (if using), scraping up any brown bits from the bottom of the pot. Return the seared beef to the pot, add the dried thyme and rosemary. Bring the liquid to a simmer, then reduce the heat to low, cover the pot, and cook for 2-3 hours. The beef is ready when it is incredibly tender and can be easily shredded with a fork.
- 4. Cook the : Polenta:** About 30 minutes before the beef is done, make the polenta. In a separate pot, bring the water or broth to a boil. Slowly whisk in the polenta, and then reduce the heat to a simmer. Cook, stirring frequently, for 20-25 minutes, or until the polenta is thick and creamy. Remove from the heat and stir in the butter, grated Parmesan cheese, and season with salt and pepper.
- 5. Assemble the : Bowl:** Spoon a generous serving of the creamy polenta into a dish. Top it with the tender, shredded braised beef and root vegetables, and a

spoonful of the delicious braising sauce. Garnish with fresh parsley for a final touch.

## SWAPS & NOTES

**Beef:** Beef chuck roast is a great, affordable cut for braising.

You can also use a similar cut like beef brisket or short ribs.

**Red Wine:** A dry red wine like a Cabernet Sauvignon or Merlot adds a beautiful depth of flavor.

If you prefer to cook without alcohol, you can simply use extra beef broth.

## TIPS FOR SUCCESS

Sear for Flavor: Don't skip the searing step.

The deep brown crust on the beef is where the best flavor comes from.

Low and Slow: Braising is all about cooking low and slow.

The low heat and long cooking time are what make the beef so tender.

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

Original recipe: <https://chefmaniac.com/easy-and-hearty-braised-beef-a-perfect-comfort-meal/>