

Old-Fashioned Mulligan Stew: The Classic Comfort Recipe for a Cold Day

The Ultimate One-Pot Comfort: Tender Beef Mulligan Stew Recipe



TIME
2-3 min

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INGREDIENTS

1/3 cup all purpose flour
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon fresh ground pepper
1 lb beef stew meat (chuck is great)
2 tablespoons vegetable oil
1 medium onion, chopped
2 cups low sodium beef broth
1/2 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon dried marjoram
2 medium gold potatoes, cubed
1 bag (19 ounce) frozen mixed vegetables (corn, carrots, peas and green beans)

DIRECTIONS

1. Follow these simple steps for a stew that's guaranteed to be fork-tender and full of flavor.
2. Prepare the : Meat & Seasoning: Preheat oven to 350°F. Add the flour, onion powder, garlic powder, and freshly ground black pepper to a large zipper seal bag and shake to combine thoroughly. Add the beef stew meat and shake until all pieces are evenly coated.
3. Brown the : Beef: Heat 1 tablespoon of vegetable oil in a Dutch oven over medium heat. Using tongs, remove the beef (shaking off excess flour) and add it to the hot pan in a single layer, working in batches if necessary. Reserve any flour mixture left in the bag. Brown the beef on all sides for about 2-3 minutes per side; remove the browned beef to a plate when complete.
4. Create the : Roux: Add the remaining 1 tablespoon of vegetable oil to the Dutch oven over medium heat. Add the chopped onion and cook for 3-4 minutes until softened. Sprinkle in the remaining flour mixture (about 1/2 cup) and cook for 2 minutes, stirring constantly. This step is crucial for thickening the stew.
5. Add : Liquid & Braise: Add the oregano, basil, and marjoram; cook for 30 seconds, stirring continuously. Stir in the beef broth and cook for 2 minutes, stirring until the mixture is smooth and starting to thicken. Add the browned beef back to the pan. Cover the Dutch oven and place it in the preheated oven for 1 hour.
6. Finish the : Stew: After 1 hour, remove the Dutch oven and stir in the cubed gold potatoes and the bag of frozen mixed vegetables (corn, carrots, peas, and

green beans). Place the pot back in the oven and cook for an additional 30 minutes or until the beef, potatoes, and other vegetables are all tender.

7. **Serve:** Taste and adjust seasoning with salt and pepper. Ladle into bowls and serve hot!

SWAPS & NOTES

The marbling in chuck gives you the most tender results.

Vegetables: Feel free to swap the frozen mixed vegetables for a combination of fresh, chopped vegetables like celery, rutabaga, or parsnips .

Just ensure you add them with the potatoes so they have enough time to cook through.

Herbs: For a richer, deeper herb flavor, use Thyme instead of marjoram, or add a bay leaf during the main braising time and remove it before serving.

TIPS FOR SUCCESS

Don't Crowd the Pan: When browning the beef, ensure you don't overcrowd the Dutch oven.

If you put too much meat in at once, it will steam instead of brown, which will compromise the deep savory flavor.

Brown it in two batches if necessary.

Scrape the Brown Bits: After browning the beef and before adding the flour, use a wooden spoon to scrape up any browned bits stuck to the bottom of the pan.

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