

Hearty Beef Stew with Root Vegetables: Comfort in Every Spoonful

Hearty Beef Stew with Root Vegetables



TIME
15 min

METHOD
Slow cooker

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INGREDIENTS

- 1.5 lbs beef stew meat, cubed
- 1 large onion, chopped
- 2 carrots, sliced
- 2 medium potatoes, diced
- 1 sweet potato, peeled and cubed
- 1 can (14 oz) diced tomatoes
- 3 garlic cloves, minced
- 2 tsp dried thyme
- 1 bay leaf
- Salt and pepper, to taste
- 4 cups beef broth
- 1 cup frozen peas (optional, for extra color and sweetness)

DIRECTIONS

- 1. Brown the Beef:** In a large pot or Dutch oven, heat a drizzle of oil over medium heat. Add the beef cubes and brown them on all sides, working in batches if needed. Remove the beef and set aside. This step adds so much depth of flavor.
- 2. SautØ Aromatics:** In the same pot, add the chopped onion and minced garlic. SautØ for a few minutes until fragrant and soft. Stir in the dried thyme and let it bloom for about 1 minute.
- 3. Build the Broth:** Pour in the beef broth and diced tomatoes, and toss in the bay leaf. Stir everything together and return the browned beef to the pot. Bring to a gentle boil.
- 4. Add Root Vegetables:** Add the carrots, diced potatoes, and cubed sweet potatoes to the pot. Lower the heat to a simmer, cover the pot, and let it cook for 1 hour and 20 minutes, stirring occasionally. The beef will become tender, and the vegetables will soak up all that savory broth.
- 5. Finish and Serve:** Taste the stew and adjust the salt and pepper as needed. During the last 10 minutes of cooking, stir in the frozen peas for a pop of color and sweetness. Remove the bay leaf before serving.

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