

Old-Fashioned Mulligan Stew with Tender Beef and Vegetables

Here is what you need to make Mulligan Stew:



TIME

3 to 4 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 black pepper
- 1 pound beef stew meat
- 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 ounces) frozen mixed vegetables, with corn, carrots, peas, and green beans

DIRECTIONS

1. Preheat the oven: Preheat your oven to 350 degrees Fahrenheit.
2. Season and coat the beef: Add the flour, onion powder, garlic powder, and black pepper to a large zip-top bag. Shake to combine. Add the beef stew meat and shake until the beef is coated. Reserve any flour mixture left in the bag for later.
3. Brown the beef: Heat 1 tablespoon of vegetable oil in a Dutch oven over medium heat. Using tongs, remove the beef from the bag and add it to the pan. Brown the beef on all sides, then transfer it to a plate.
4. Cook the onion: Add the remaining tablespoon of vegetable oil to the Dutch oven over medium heat. Add the chopped onion and cook for 3 to 4 minutes, until softened.
5. Build the base: Sprinkle in the remaining flour mixture, about 1 1/2 tablespoons, and cook for 2 minutes, stirring constantly. Add the oregano, basil, and marjoram, then cook for another 30 seconds.
6. Add the broth: Stir in the beef broth and cook for about 2 minutes, stirring several times, until the mixture begins to thicken slightly.
7. Bake the beef: Add the browned beef back to the pot. Cover and place the Dutch oven in the oven for 1 hour.
8. Add potatoes and vegetables: Remove the pot from the oven and stir in the cubed potatoes and frozen mixed vegetables.
9. Finish cooking: Return the stew to the oven and cook for an additional 30 minutes, or until the beef, potatoes, and vegetables are tender.

10. Serve: Serve the stew hot, straight from the pot.

SWAPS & NOTES

This recipe is simple and flexible, which makes it especially useful for home cooks.

Beef stew meat: This is ideal for slow cooking, but any well-marbled beef cut meant for stewing will work.

Gold potatoes: These hold their shape well, though red potatoes can also work nicely.

Frozen mixed vegetables: They make this recipe convenient, but you can use fresh vegetables if you prefer.

TIPS FOR SUCCESS

Take the time to brown the beef properly.

That step adds a lot of flavor and helps give the finished stew a richer taste.

Do not skip cooking the flour with the onions before adding the broth.

That quick step helps remove the raw flour taste and gives the broth a better texture.

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