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**Beef
Stew**

Nothing beats a hearty bowl of **beef stew** paired with a **loaf of freshly baked bread** on a cold day! 🍲🍞

This comforting dish is packed with rich flavors and can easily be customized to your taste. Feel free to **substitute or add your favorite vegetables**, like **leeks**, for an extra depth of flavor. This recipe is **how my mother made it** (minus the red wine), and it always **brought a smile to my face**. There's something special about a **warm, homemade stew**—it's more than just a meal; it's **comfort, tradition, and love in a bowl**.

Ingredients *(Serves 2-4)*

Meat & Broth

- **2 lbs stew beef** cut into one inch cubes
- **1 (32 oz) carton beef stock**
- **1/4 cup flour**
- **1 cup red wine**
- **Beef base**, to taste *(add once broth is made)*
- **1 tbsp browning/seasoning sauce** *(such as Gravy Master or Kitchen Bouquet)*

Vegetables *(Fresh or canned options available)*

- **1 large yellow onion**, diced
- **1 clove garlic**, finely diced *(use 2 cloves if you love garlic!)*
- **1 can diced potatoes** *or 2 russet potatoes*, peeled and diced
- **1 can carrots** *or 4 fresh carrots*, peeled and diced
- **3 stalks celery**, diced
- **1 can corn** *or 2 fresh ears of corn*, kernels removed
- **1 can green beans** *or 1 cup fresh green beans*, cut in half

Seasonings

- **1 tbsp thyme**

- 1 bay leaf
- 1 tsp black pepper
- 1 tsp kosher salt (*adjust at the end to taste*)
- 2 tbsp olive oil

Instructions

1. Brown the Beef

1. Heat 2 tbsp olive oil in a large sauté pan over medium heat.
2. Add the **stew beef and onions**, sautéing until **golden brown (10–12 minutes)**.
3. Add **minced garlic** and sauté for **1 minute** until fragrant.
4. Sprinkle **flour** over the beef, onions, and garlic, stirring **constantly**.
5. Sauté for **2–3 minutes** to cook out the raw flour taste.
6. **Remove from pan** and set aside.

2. Build the Stew

1. **Deglaze the Pot:**
 - Pour **red wine** into the stockpot and **increase heat to medium-high**.
 - Use a **wooden spoon** to **scrape up the browned bits** from the bottom—this adds rich flavor to the stew.
2. **Add the Base Ingredients:**
 - Pour in the **beef stock**.
 - Add the **browned stew beef, onions, garlic, bay leaf, thyme, black pepper and salt**.
 - Bring the mixture to a **boil**.
3. **Simmer the Stew:**
 - **Reduce heat to low**, cover the pot, and **simmer for 60–90 minutes**, or until the beef is **tender**.
4. **Add the Vegetables:**
 - Stir in the **fresh carrots, green beans, corn, celery, and diced potatoes**.
 - Simmer for **30–45 minutes**, or until the potatoes are **tender**.
5. **Using Canned Vegetables?**
 - If using **canned vegetables**, add them **now**, skip the simmering step, and proceed to the next step.

3. Adjust the Seasoning 🍲

1. Stir in **1 tsp beef base** and mix well.
2. Add **1 tbsp browning/seasoning sauce**
3. **Taste the stew** and adjust the flavor:

- If it needs more richness, **add additional beef base** in small amounts.
- If it needs more seasoning, **gradually add Kosher salt**, tasting as you go.

💡 **Tip:** Always season **gradually**—it's easier to add more than to fix an over-salted stew!

For a Thicker Stew 🔪

1. **Prepare a slurry:** Mix **equal parts cold water and flour/cornstarch** in a small bowl until smooth.
2. Slowly **stir the slurry into the simmering stew**, adding **a little at a time** while stirring constantly.
3. Continue cooking until the **desired thickness** is reached.

💡 **Tip:** Let the stew simmer for a few minutes after adding the slurry to allow the thickener to fully incorporate.

Tip for Faster Cooking ⌚➡

- After **browning the beef**, transfer it to a **pressure cooker** with **1 cup of beef stock**.
- Cook on the **pressure setting for 15 minutes** to **tenderize the meat**.
- Once done, continue with the recipe as directed —this **significantly reduces the overall cooking time!**