



recipe card



DIFFICULTY

BEEF STEW

ingredients

- 450 g (1 lb) bacon, thinly sliced
- 1.8 kg (4 lbs) beef, cubed
- 1 yellow onion, diced
- 3 celery stalks, sliced
- Flour, for coating beef
- 60 ml (¼ cup) tomato paste concentrate
- ½ tsp cumin
- 1 tsp paprika
- ⅓ tsp cayenne
- ½ tsp thyme
- ½ tsp rosemary
- 2 tsp salt
- 60 ml (¼ cup) fresh cilantro or parsley (or 1 tsp dried)
- 240 ml (1 cup) bone broth (add more if needed)
- Carrots and potatoes, as much as desired, cut as preferred

directions

1. In a large cast-iron pot, cook bacon until crispy.
2. Add onion and celery to the pot, sauté until softened.
3. Toss beef cubes in flour. Brown the beef, then sprinkle with a little extra flour. Mix and let cook for a few minutes.
4. Stir in tomato paste, cumin, paprika, cayenne, thyme, rosemary, and salt. Cook for 2 minutes until fragrant.
5. Add bone broth and stir well.
6. Add carrots and potatoes. The liquid should come up around the ingredients—add more broth if it looks dry.
7. Bring to a gentle simmer, then stir in cilantro or parsley.
8. Cover and cook on low heat for 2–3 hours, until beef is tender and the stew is thick.
9. Taste and adjust seasoning before serving.

notes

This is a meal I prepare at least twice a month, and it's one of my absolute favorites. The most important part is the quality of your meat. We order ½ cow at a time, so I usually pick whatever cut we have in the freezer. If you can, I highly recommend ordering your meat directly from a farm (ours comes from Harding Ranch in Wyoming). Not only is it much cheaper, but the flavor is unmatched. Sometimes I also let this stew simmer in my crock pot for 12 hours — it makes the beef incredibly tender and the broth extra rich. If this is something you want to do, I recommend still cooking everything in the cast iron first, then transferring it all into your crock pot to finish.

