JANE SMITH LIFESTYLE

Beef & Vegetable Stew

Prep: 25 min | Cook: 2 hr | Serves: 6



Beef and vegetable stew is a slow, cozy dinner with tender beef, hearty vegetables, and a rich broth. It takes time on the stove, but the actual work is simple and the leftovers are even better.

Ingredients

- 2 lb beef chuck, cut into 1 1/2-inch cubes
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 3 tbsp all-purpose flour
- 2 tbsp olive oil, divided
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 tbsp tomato paste
- 4 cups low-sodium beef broth
- 1 cup dry red wine or additional broth
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- 1 bay leaf
- 1 lb baby potatoes, halved
- 4 carrots, cut into chunks
- 2 celery stalks, cut into chunks
- 1 cup frozen peas

Directions

1. Pat beef dry. Season with salt and pepper, then toss with flour.

2. Heat 1 tbsp oil in a Dutch oven over medium-high heat. Brown beef in batches, adding remaining oil as needed. Transfer browned beef to a plate.
3. Add onion and cook 5 minutes. Stir in garlic and tomato paste; cook 1 minute.
4. Pour in wine or 1 cup broth, scraping up browned bits. Add remaining broth, Worcestershire, thyme, bay leaf, and beef with any juices.
5. Bring to a simmer, cover, and cook on low heat for 1 hour.
6. Add potatoes, carrots, and celery. Cover and simmer 45–60 minutes more, until beef and vegetables are tender.
7. Stir in peas and cook 5 minutes. Remove bay leaf and adjust seasoning.

Jane's Note

Brown the beef in small batches so it develops color instead of steaming.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

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