

Foodnity Recipes

Easy Homemade Beef Stew Recipe

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 3 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 carrots, peeled and chopped
- [ ] 3 celery stalks, chopped
- [ ] 4 potatoes, peeled and cubed
- [ ] 2 tbsp tomato paste
- [ ] 4 cups beef broth
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1 cup frozen peas
- [ ] 1 cup mushrooms, sliced
- [ ] 1 tbsp Worcestershire sauce
- [ ] Fresh parsley for garnish

Instructions

1. Heat 2 tablespoons of olive oil in a large pot over medium-high heat. Pat the beef cubes dry and season with salt and pepper. Brown the beef in batches, removing each batch to a plate once browned.
2. In the same pot, add the remaining oil and sauté the onions, garlic, carrots, and celery until softened, about 5 minutes. Stir in the tomato paste and cook for another minute.
3. Return the beef to the pot. Add the beef broth, thyme, rosemary, bay leaf, and potatoes. Bring to a boil, then reduce heat to low, cover, and simmer for 1.5 to 2 hours, or until the beef is tender.
4. If using peas or mushrooms, add them during the last 30 minutes of cooking. Remove the bay leaf, adjust seasoning, and serve hot, garnished with fresh parsley.

Nutrition per serving

450 kcal	38 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, deglaze the pot with a splash of beef broth after browning the meat.
- If the stew is too thin, mix 1 tablespoon of cornstarch with cold water and stir it in during the last 10 minutes.
- This stew tastes even better the next day, so consider making it ahead.