



Easy Beef Stew

Prep Time
45 min

Cooking Time
1 1/2 - 2 hrs

Total Time
2 hrs 45 min

Yields
4 servings



Ingredients

700 g (1.5 lb) stewing beef, cut into 2.5 cm (1 in) cubes
1 red onion, finely chopped
250 g (1 2/3 cups) carrots, sliced
250 g (1 1/4 cups) parsley root, cut into cubes
240 ml (1 cup) dry red wine
1 tbsp tomato puree (paste)
1 bay leaf (fresh or dried)
1 sprig fresh rosemary
1 sprig fresh thyme
salt
black pepper, freshly ground
garlic powder
2 tbsp vegetable cooking oil (e.g. canola or sunflower seed oil)
500 ml (2 cups) (beef or vegetable) broth
1 tbsp fresh parsley, minced
1 tbsp fresh basil, minced

This easy beef stew recipe makes a sumptuous supper, perfect to warm up on cold autumn and winter nights. Our traditional braised beef stew is perfect for cheaper cuts and is made with root veggies, fresh herbs, red wine and tasty broth. A slow cooking time guarantees tender meat and a flavourful gravy. The recipe includes instructions for cooking the beef stew on a stove top, in the oven or slow cooker, as well as tips for the type of beef cut you need, seasoning and other ingredients, which you can find here: <http://chcotta.ge/bl0312>

Instructions

1) Brown the beef

Season the beef generously with salt and pepper. Heat 2 tablespoons cooking oil in a heavy pot or Dutch oven over medium heat. Brown the meat cubes in two batches, stirring well so that they brown evenly. Add more oil if needed. If the pot is scorching around the edges, reduce the heat. Then remove the browned cubes from the pot or Dutch oven and set aside in a bowl.

2) Fry the vegetables

Add the onion, carrots, and parsley root. Stir often and cook until lightly browned, for 3 to 4 minutes. Add the wine and tomato puree (paste), and bring to a boil, stirring to lift up most of the cooked bits from the bottom of the pot.

3) Braise the beef stew

Return the beef to the pot. Then add the rosemary, thyme, and bay leaf. Add enough stock to come about halfway up the sides of the beef cubes. Bring just to a low boil, then cover the pot and braise over low heat for 1 1/2 to 2 hours, until the meat is very tender. Stir occasionally while braising.

4) Season the beef stew

Remove the bay leave and rosemary/thyme twigs. Season the beef stew with salt, pepper, garlic powder, parsley, and basil according to your taste. Serve warm.

Tip: You can prepare the stew one day in advance and slowly reheat on the next day. The flavours will develop overnight even more, creating a richer and more mature aroma.