

Long Livo

Old Fashioned Beef Stew

A classic beef stew with tender meat and hearty vegetables simmered slowly for deep flavor.

20 min Prep time	**2 h 30 min** Cook time	**2 h 50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Stew

- [ ] 2 lbs beef chuck roast, cut into 1-inch cubes
- [ ] 2 tablespoons olive oil
- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 4 carrots, peeled and sliced
- [ ] 4 potatoes, peeled and cubed
- [ ] 1 cup frozen peas
- [ ] ¼ cup flour
- [ ] 4 cups beef broth
- [ ] 1 cup water
- [ ] 2 bay leaves
- [ ] 1 tablespoon Worcestershire sauce
- [ ] 1 teaspoon dried thyme
- [ ] Salt and black pepper to taste

Instructions

1. Pat the beef cubes dry with paper towels and season generously with salt and pepper. In a large heavy pot, heat 1 tablespoon of olive oil over medium-high heat. Brown the beef in batches, transferring to a plate when nicely seared on all sides.
2. Reduce heat to medium and add the remaining oil. Sauté the onions until softened, about 5 minutes. Add garlic and cook for another minute until fragrant.
3. Sprinkle the flour over the onions and garlic, stirring constantly for 2 minutes to cook out the raw flour taste. This will help thicken the stew later.
4. Slowly pour in the beef broth while scraping up any browned bits from the bottom of the pot. Return the beef to the pot along with any accumulated juices.
5. Add the carrots, potatoes, bay leaves, thyme, and Worcestershire sauce. Bring to a gentle simmer, then reduce heat to low, cover, and cook for 2 hours, stirring occasionally.
6. In the last 10 minutes of cooking, stir in the frozen peas. Remove bay leaves, taste and adjust seasoning. Let rest for 10 minutes before serving.

Nutrition per serving

425 kcal	35 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Stew thickens as it cools - if it becomes too thick upon reheating, add a splash of broth or water
- Leftovers taste even better the next day as flavors continue to develop
- For a richer broth, you can use a homemade broth instead of store-bought