

Slow-Simmered Beef Stew

Ingredients

- 2 lbs stew meat or chuck, cut into chunks
- 2 tbsp olive oil
- ¼ cup all-purpose flour (for coating the beef)
- 1 large onion, chopped
- 3–4 cloves garlic, minced
- 3 carrots, cut into thick slices
- 3 celery stalks, sliced
- 2–3 medium potatoes, cut into chunks
- 2 tbsp tomato paste
- 1 cup red wine (or use 1 extra cup beef broth instead)
- 3 cups beef broth (use 4 cups total if not adding wine)
- 2 bay leaves
- 1 tsp dried thyme (or a few sprigs fresh)
- ½ tsp dried rosemary (or a small sprig fresh)
- Salt and freshly ground black pepper
- Optional add-in: 8 oz mushrooms, halved or sliced
- Fresh parsley, chopped, for garnish

Instructions

1. Pat the beef dry with paper towels, season with salt and pepper, and toss lightly with flour until coated.
2. Heat the olive oil in a large heavy pot or Dutch oven over medium-high heat, then sear the beef in batches until browned on all sides. Remove the beef and set aside.
3. Add the onion, celery, and carrots to the pot and cook for 5 minutes, stirring to lift any browned bits from the bottom. Stir in the garlic and tomato paste and cook for 1 minute until fragrant.
4. Pour in the red wine (or broth) to deglaze the pot, scraping up the fond, and simmer for 2–3 minutes.
5. Return the beef to the pot, add the broth, bay leaves, thyme, and rosemary, and bring to a gentle simmer.
6. Cover the pot, reduce the heat to low, and simmer for 1½ to 2 hours, stirring occasionally, until the beef is tender.
7. Stir in the potatoes and mushrooms if using, cover again, and cook for 30–40 minutes more until the vegetables are tender.
8. Remove the bay leaves, adjust seasoning with salt and pepper to taste, and serve hot sprinkled with fresh parsley.

Note & Storage

- Browning the beef in small batches gives the stew its deep, savory base.
- Red wine adds depth, but you can use all broth if you'd rather keep it simple.
- Fresh herbs can be used instead of dried for a brighter flavor.
- Store cooled stew in an airtight container in the refrigerator for up to 4 days.
- Reheat gently on the stovetop over low heat, adding a splash of broth or water if it thickens too much.
- Stew also freezes well for up to 3 months; thaw overnight in the fridge before reheating.