RECIPE

Beef Stew

A thick, dark beef stew with lean chuck, carrots, potatoes, peas and white beans, braised in the oven and made for a cold-weather dinner.

MAKES

8 servings US Metric

TOTAL

3 h 15 min

Ingredients

- [ ] 1 ½ lb boneless beef chuck mock tender steak, all visible fat trimmed off, cut in 1½-inch cubes (680 g trimmed)
- [ ] 3 tbsp all-purpose flour
- [ ] ½ tsp salt
- [ ] ½ tsp black pepper
- [ ] 2 tbsp olive oil
- [ ] 2 large onions, chopped (about 2 cups, 320 g)
- [ ] 1 tsp garlic powder
- [ ] 2 tbsp tomato paste
- [ ] 5 cups low-sodium beef broth
- [ ] 2 bay leaves
- [ ] 1 tsp dried thyme
- [ ] 4 large carrots, peeled, cut in 1-inch chunks (about 1 lb, 454 g)
- [ ] 1 ½ lb potatoes, peeled, cut in 1½-inch chunks

Method

1. Heat the oven to 325 °F. Pat the beef dry and toss it with the flour, salt and pepper until every cube is dusted.
2. Heat the olive oil in a Dutch oven over medium-high heat. Brown the beef in one or two batches, about 3 minutes a side, leaving space between the cubes so they brown and do not steam. Move each batch to a plate.
3. Turn the heat to medium. Cook the onions in the same pot for 5 minutes, scraping up the browned bits. Stir in the garlic powder and tomato paste and cook 1 minute.
4. Pour in the broth and add the bay leaves and thyme. Return the beef and its juices. Bring to a simmer, cover, and put the pot in the oven.

- [ ] 1 cup frozen peas
- [ ] 1 can (15 oz) no-salt-added white beans, drained and rinsed

5. Braise for 1 hour 50 minutes. At 5,300 ft simmered meat needs about a quarter longer than at sea level, so a pot that takes 1½ hours near the coast takes about that much more here.

6. Stir in the carrots and potatoes, cover, and braise 40 minutes more, until a fork slides into a cube of beef with no resistance and the potatoes are tender. Beef will read well above the 145 °F whole-cut safe temperature by then. Skim any fat that has risen to the top with a spoon and throw it out.

7. Lift out the bay leaves. Stir in the peas and white beans and set the pot on the stove over medium heat for 3 to 5 minutes, until they are hot. Mash a few potato pieces against the side of the pot to thicken the broth. Taste before you reach for salt: the ½ tsp in the pot is all the recipe measures, and a bowl comes to about 555 mg of sodium with the beef, beans and broth counted.

8. Cool leftovers in shallow containers, no more than 2 hours, then refrigerate or freeze. Reheat soup to a boil, stirring, before you eat it.