

# Braised Beef Stew

**Makes:** 6 servings

**Total Time:** 3.5 hours

## Ingredients

- 3 lbs boneless beef chuck, cut into 1 ½-inch pieces
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 2 medium yellow onions, chopped
- 5 garlic cloves, peeled and minced
- 3 tablespoons tomato paste
- ¼ cup all-purpose flour
- 2 cups dry red wine
- 2 cups beef broth
- 1 cup water (+more if needed to thin)
- ¼ cup Worcestershire sauce
- 1 bay leaf
- 1 ½ teaspoons steak seasoning
- Several fresh thyme sprigs
- 1 teaspoon brown sugar
- 4 large carrots, peeled and cut diagonally into 1-inch chunks
- 1 lb baby yukon potatoes, cut in half
- Fresh parsley, chopped

## Directions

Preheat the oven to 325°F and set a rack in the lower middle position.

Pat beef dry and season with the salt and pepper. In a large Dutch oven or heavy pot, heat 1 tablespoon of the olive oil over medium-high heat until hot. Brown the meat in batches, making sure not to overcrowd the pan. Brown on all sides for about 5 minutes per batch. Add more olive oil before adding more beef. Remove from heat to a large plate and set aside.

Add the onions and garlic to the pot. Stirring until fragrant and soft, about 5 minutes. Add tomato paste and cook for one more minute. Add beef with juices back to the pan and sprinkle with flour. Stir until flour is dissolved, 1-2 minutes.

Add wine, broth, water, Worcestershire, bay leaf, steak seasoning, thyme sprigs and brown sugar. Stir and bring to a boil. Cover then transfer to the preheated oven to braise for 2 hours.

After 2 hours, remove the pot from the oven and add carrots and potatoes. Cover and place back in the oven for 1 hour. After an hour, the vegetables should be cooked, the broth should be thickened and the meat should be tender. If broth is too thick, add a bit of water or broth.

Taste and adjust seasoning as desired. Garnish with fresh chopped parsley.