

Rania's Recipes

Recipes prepared 10/29/2014

One Pot Beef Stew

INGREDIENTS

- 3 pounds chuck-eye roast, cut into 1 1/2-inch cubes
- Sea salt and freshly ground black pepper to taste
- 3 tablespoons vegetable oil
- 2 medium onions, chopped coarse (about 2 cups)
- 3 medium cloves garlic, minced
- 3 tablespoons unbleached all-purpose flour
- 2 cups red wine (preferably full-bodied)
- 2 cups low-sodium beef broth - more if needed if stew appears to be too dry
- 2 bay leaves
- 1 teaspoon dried thyme
- 6 small boiling potatoes, peeled and halved
- 4 large carrots, peeled and sliced 1/4-inch thick
- 1 cup frozen peas (6 ounces), thawed
- 1/4 cup minced fresh parsley leaves

DIRECTIONS

Heat oven to 300 degrees. Place beef cubes in large bowl. Sprinkle with salt and pepper; toss to coat. Heat 2 tablespoons of the oil over medium-high heat in large nonreactive stew pot; add beef to pot in two separate batches. Brown meat on all sides, about 5 minutes per batch, adding remaining tablespoon of oil if needed. Remove meat and set aside. Add onions to now empty pot; sauté until almost softened, 4 to 5 minutes. Reduce heat to medium and add garlic; continue to sauté about 30 seconds longer. Stir in flour; cook until lightly colored, 1 to 2 minutes. Add wine, scraping up any browned bits that may have stuck to pot. Add stock, bay leaves, and thyme; bring to simmer. Add meat; return to simmer. Cover and place in oven; simmer about 1 hour.

Remove stew pot from oven, add potatoes and carrots, cover, and return to oven. Simmer until meat is just tender, about 1 hour. Check stew from time to time and add more beef stock, if it appears to be too dry. Remove stew from oven. (Can be cooled, covered, and refrigerated up to 3 days.)

Add peas and allow to stand 5 minutes. Stir in parsley, adjust seasonings, and serve.

Serves: 6 - 8