



## Beef Stew

Make this stew in a large, heavy-bottomed stove-to-oven soup pot, such as a Le Creuset. Cut a chuck roast into cubes for melt-in-your-mouth flavorful beef; if you start with a 3-pound piece, you might end up with about 2 1/2 pounds after the fat is cut out.



Alison Shaw

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### INGREDIENTS

3 pounds beef chuck, trimmed of fat and cut into 1 1/2-inch cubes  
Salt and freshly ground black pepper  
3 tablespoons extra-virgin olive oil  
1 large onion, diced  
3 cloves garlic, minced  
3 tablespoons all-purpose flour  
1 cup red wine  
3 tablespoons tomato paste  
4 cups chicken stock  
1 bay leaf  
1 tablespoon Worcestershire sauce  
1 teaspoon dried thyme  
6 medium red potatoes, peeled and quartered or cut into chunks for roasting  
2 cups green beans, cut in halves or thirds  
4 large carrots, peeled and sliced on a diagonal  
1/4 cup minced fresh parsley leaves

Serves 6

### PREPARATION

1. Preheat the oven to 350°. Sprinkle the beef with salt and pepper. Heat 2 tablespoons of the oil in a large soup pot over medium-high heat. Brown the beef on all sides in 2 batches. Remove meat from pot and set aside.
2. Add the onion and sauté 4 to 5 minutes. Add the garlic and sauté another minute or so. Sprinkle the flour over the onion and garlic and cook 1 to 2 minutes, stirring often. Add the wine and tomato paste, scraping up any browned bits that may have stuck to pot. Add the stock, bay leaf, Worcestershire sauce, and thyme; bring to a simmer. Add the meat; return to simmer, cover, and put in the oven to cook until the beef is fork-tender, about 1 1/2 hours.
3. Meanwhile, place the potatoes on a baking sheet, and mix with the remaining 1 tablespoon oil; add salt to taste. Roast until tender, about 40 minutes. Place the green beans in the top of a steamer set over simmering water and steam, 4 minutes. Run the beans under cold water to stop the cooking. Steam the carrots 2 to 3 minutes, then run them under cold water.
4. Just before serving, add the potatoes to the stew and reheat gently. Stir in the carrots, green beans, and parsley. Season with additional salt and pepper.

**NOTE FROM THE KITCHEN:** Brown the beef in 2 pots—the soup pot and another large skillet—to get twice the amount of flavorful brown bits left after sautéing. After you remove the meat, scrape the brown bits from the skillet into the soup pot. Cook the vegetables on the side to get the best texture and then add them to the stew.