



Classic Stovetop Beef Stew

- **Servings:** 3-4
- **Prep Time:** 10 minutes
- **Cook Time:** 2 hr 15 minutes
- **Difficulty:** Easy

BY HB | Hollywood Beat magazine Editors

Modified from Corey at Family Fresh Meals - The Best Crockpot Beef Stew



Beef Stew photo Hansuan Fabregas

This classic stovetop beef stew is comfort food with a capital C. Beef, onions, potatoes, and vegetable make this a hearty, no-fuss home-cooked meal that will satisfy your taste buds and arrive at your table effortlessly. Before making the stew, browning or searing the beef enhances its flavor.

Ingredients

- 1 pound beef stew meat, (cut into bite-sized pieces)
- 1 1/2 tsp butter
- 1 1/2 tsp olive oil
- 1/2 tsp Kosher Salt
- 1/2 tsp pepper
- 1/2 medium red onion, finely chopped
- 1/2 tsp celery flakes
- 2 cloves of garlic, minced
- 3 oz can tomato paste
- 16 oz beef broth
- 1/4 tsp liquid smoke (optional)
- 6 mini red potatoes, whole
- 1 tsp dried parsley
- 1/2 teaspoon dried oregano

- 1/8 tsp dried thyme
- 1 bay leaf
- 1 cup mixed vegetables
- 1/8 cup flour/cornstarch
- 1/8 cup water

Directions

- 1 In a medium pot or 4-quart Dutch oven, heat oil and butter over medium heat 1 to 2 minutes. Add beef; cook for about 15 minutes until brown on all sides. Occasionally stir to prevent sticking.
- 2 Add beef broth, celery flakes, red onion, salt, pepper, garlic, parsley, oregano, thyme, bay leaf, and tomato paste. Bring to a boil. Lower heat, cover, and simmer until the beef is tender, about 1 1/2 hours.
- 3 Remove bay leaf. Add in frozen mixed vegetables and potatoes. Cover and continue simmering covered for 30 to 40 minutes more.
- 4 In a small bowl, combine the flour or cornstarch and water and gradually stir into beef stew. Mix thoroughly. Bring to a boil while stirring continually. Boil and stir to thicken for one minute. This will give the stew a nice thickness.
- 5 After tasting the stew, add salt and pepper as desired.
- 6 Spoon into bowls and serve.

NOTE: The original recipe is cooked in a crockpot and takes 10 hours on Low or 6 to 7 hours on High.

Nutrition Facts

Servings Per Recipe 4 - Serving size: 1 cup

		% Daily Value*
Calories	269.18kcal	13%
Total Fat	8.72g	12%
Carbs	18.8g	7%
Sugars	4.87g	5%
Protein	29.09g	58%
Sodium	770.74mg	39%
Fiber	2.86g	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by whisk.com

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