

# Beef Stew Recipe

PREP TIME 20 minutes

COOK TIME 1 hour 10 minutes

TOTAL TIME 1 hour 30 minutes

SERVINGS 8 servings

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This easy beef stew recipe is a family favorite. Tender veggies and beef in a rich brown broth!

## Ingredients

- 2 pounds stewing beef trimmed and cubed
- 3 tablespoons flour
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons olive oil
- 1 onion chopped
- 6 cups beef broth
- ½ cup red wine optional
- 1 pound potatoes peeled and cubed
- 4 carrots cut into 1 inch pieces
- 4 stalks celery cut into 1 inch pieces
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary or 1 sprig fresh
- 2 tablespoons cornstarch or as needed
- 2 tablespoons water or as needed
- ¾ cup peas

## Instructions

1. Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture.
2. Heat olive oil in a large Dutch oven or pot. Cook the beef and onions until browned.
3. Add beef broth and red wine while scraping up any brown bits in the pan.
4. Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
5. Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry, if you'd like a thicker stew, you can add extra).
6. Stir in peas and simmer 5-10 minutes before serving . Season with salt & pepper to taste.

## Notes

Beef stew meat is often made from the ends of different cuts of beef. If your beef is not tender after 60 minutes, cover and allow to simmer an additional 15-20 minutes or until tender.

## Nutrition Information

Calories: 444, Carbohydrates: 22g, Protein: 25g, Fat: 28g, Saturated

Fat: 9g, Cholesterol: 80mg, Sodium: 383mg, Potassium: 1105mg, Fiber: 4g, Sugar: 4g, Vitamin A: 5755IU, Vitamin C: 27.1mg, Calcium: 73mg, Iron: 5.5mg