



Ingredients:

2 lbs chuck roast, cut into 1-inch cubes
2 tbsp olive oil
1 large onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
4 potatoes, peeled and cubed
4 cloves garlic, minced
4 cups beef broth
1 tbsp tomato paste
1 tsp dried thyme
1 tsp dried rosemary
1 bay leaf
Salt and pepper to taste
2 tbsp all-purpose flour (optional, for thickening)
Chopped fresh parsley for garnish

Instructions:

Sear the Beef: Season the beef cubes with salt and pepper. Heat olive oil in a large Dutch oven or heavy pot over medium-high heat. Sear the beef on all sides until browned, then remove and set aside.

Sauté Vegetables: Add the onion, carrots, and celery to the pot and sauté until softened, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.

Add Liquids and Seasonings: Stir in the tomato paste, thyme, rosemary, and bay leaf. Pour in the beef broth, scraping the bottom of the pot to loosen any browned bits.

Combine and Simmer: Return the beef to the pot. Bring the mixture to a boil, then reduce heat to a simmer. Cover and cook for about 1.5-2 hours, or until the beef is tender.

Add Potatoes: Add the cubed potatoes and continue to simmer for another 30 minutes, or until the potatoes are tender.

Thicken (Optional): If you want a thicker stew, whisk the flour with a little cold water to make a slurry. Stir the slurry into the stew and simmer for a few minutes until thickened.

Serve: Remove the bay leaf. Season with salt and pepper to taste. Garnish with chopped parsley and serve hot.



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