

From Brooke's Kitchen: Hearty Beef Stew



Fall is the perfect time for a slow-simmered meal, especially when the pot is filled with good, local ingredients. This hearty beef stew comes together easily and then spends a couple of hours in the oven, giving you plenty of time to enjoy a cozy Sunday at home.”

—Brooke

Prep Time: 15 minutes

Cook Time: 2 hours 30 minutes

Servings: 6

Ingredients

- 2 pounds beef stew meat
- 1 teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- ½ yellow onion, coarsely chopped
- 4 Northern Farm-grown garlic cloves, minced
- 1 large carrot (or 2 small-to-medium carrots), cut into 2-inch chunks
- 2 celery stalks, cut into ½-inch slices
- 1½ pounds Northern Farm-grown Norland Red potatoes, washed and cut into 2-inch pieces
- 2 cups beef broth
- ¼ cup tomato paste
- 1 tablespoon Worcestershire sauce

- 1 bay leaf
- ½ teaspoon dried thyme
- ½ cup frozen peas

Instructions

1. **Preheat the oven** to 325°F.
2. **Season the beef.** Season the beef stew meat on all sides with the kosher salt and coarsely ground black pepper. Sprinkle with the all-purpose flour and toss until the beef is evenly coated.
3. **Brown the beef.** Heat the olive oil in a large Dutch oven (an 8-quart Dutch oven works well) over medium heat. Brown the beef in batches, cooking for 3–4 minutes per batch and turning to brown all sides. Don't worry about cooking the beef all the way through at this stage. Transfer the browned beef to a plate and set aside.
4. **Cook the vegetables.** Add the onion, garlic, carrot, and celery to the Dutch oven. Cook, stirring occasionally, for 2–3 minutes, or until the vegetables are lightly browned.
5. **Build the stew.** Add the potatoes, beef broth, tomato paste, Worcestershire sauce, bay leaf, and dried thyme. Use a wooden spoon to scrape up the browned bits from the bottom of the pot.
6. **Return the beef.** Bring the mixture to a simmer, stirring occasionally, then return the browned beef to the pot. Cover the Dutch oven and transfer it to the preheated oven.
7. **Slow cook.** Cook for 2–2½ hours, or until the beef is very tender. Add the frozen peas during the last 10 minutes of cooking.
8. **Finish and serve.** Remove the bay leaf. Taste the stew and season with additional salt and pepper, if needed. Serve warm.
9. **Enjoy!**

Brooke's tip: If you prefer a thicker stew and yours seems a little thin, you can stir in a cornstarch slurry during the last 10 minutes of cooking, when you add the peas. Mix equal parts cornstarch and cold water until smooth. Start with 1 teaspoon each of cornstarch and cold water, whisk together, and stir it into the stew. Add more slurry as needed until the stew reaches your desired consistency.