- Prep time: 25 minutes
- Cook time: 2 hours 30 minutes
- Total time: 2 hours 55 minutes
- Servings: 6-8
- Category: Main Course, Dinner
- Cuisine: American, Comfort Food

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Ingredients

For the Beef Stew:

- Beef: 3 lbs (1.3 kg) beef chuck roast, cut into 1.5-inch chunks. (Chuck is ideal for stewing due to its marbling).
- Seasoning: 2 tsp kosher salt, 1 tsp black pepper.
- Oil: 3 tbsp olive oil, divided.
- Aromatics: 1 large yellow onion, chopped; 4 cloves garlic, minced.
- Tomato Paste: 3 tbsp.
- Flour: 3 tbsp all-purpose flour.
- Liquid: 1 cup dry red wine (like Cabernet Sauvignon or Merlot); 4 cups beef broth (low sodium).
- Vegetables: 4 large carrots, peeled and cut into 1-inch pieces; 1 lb (450g) baby potatoes, halved; 1 cup frozen peas.
- Herbs & Spices: 2 bay leaves; 1 tsp dried thyme; 1 tsp dried rosemary; 1 tbsp Worcestershire sauce.

For the Mashed Potatoes:

- Potatoes: 3 lbs (1.3 kg) Russet or Yukon Gold potatoes, peeled and quartered.
- Dairy: 1/2 cup whole milk, warmed; 1/2 cup heavy cream, warmed.
- Butter: 1/2 cup (1 stick) unsalted butter, softened.
- Seasoning: 1 tsp salt (plus more for boiling water), 1/4 tsp black pepper.

Instructions

Part 1: Preparing the Beef Stew

1. Prep and Sear the Beef: Pat the beef chunks dry with paper towels—this is crucial for a good sear. Season generously with salt and pepper. In a large Dutch oven or heavy-bottomed pot, heat 2 tablespoons of olive oil over high heat. Working in batches to avoid crowding the pan, sear the beef until it’s deeply browned on all sides (about 3-4 minutes per batch). Transfer the seared beef to a plate and set aside. Do not clean the pot.

2. Sauté the Aromatics: Reduce the heat to medium. Add the remaining 1 tablespoon of olive oil to the pot. Add the chopped onion and cook, scraping up the browned bits from the bottom of the pot, for about 5 minutes until softened. Add the minced garlic and cook for another minute until fragrant.

3. Build the Flavor Base: Stir in the tomato paste and cook for 1-2 minutes to caramelize it slightly. Sprinkle the flour over the onions and garlic, stirring constantly to coat everything. Cook for 2 minutes to get rid of the raw flour taste.

4. Deglaze and Simmer: Pour in the red wine, scraping the bottom of the pot to release all the flavorful browned bits. Let the wine bubble and reduce by half, about 3 minutes. Return the seared beef and any juices to the pot. Add the beef broth, Worcestershire sauce, bay leaves, thyme, and rosemary. Stir to combine. Bring the stew to a boil, then reduce the heat to low, cover, and let it simmer gently for 1 hour and 30 minutes.

5. Add the Vegetables: After 1.5 hours, add the chopped carrots and halved baby potatoes to the pot. Stir to combine, cover, and continue to simmer for another 50-60 minutes, or until the beef and vegetables are fork-tender.

Part 2: Preparing the Mashed Potatoes

1. Boil the Potatoes: While the stew is simmering, place the peeled and quartered potatoes in a large pot and cover with cold water by at least an inch. Add a generous tablespoon of salt to the water. Bring to a boil over high heat, then reduce to medium-low and simmer for 15-20 minutes, until the potatoes are tender when pierced with a fork.

2. Mash the Potatoes: Drain the potatoes well and return them to the warm pot over low heat for a minute to evaporate any excess moisture. Add the softened butter and mash until smooth. Gradually pour in the warmed milk and cream, stirring gently until you reach your desired consistency. Season with 1 tsp salt and 1/4 tsp pepper. Taste and adjust seasoning as needed. Keep covered and warm until ready to serve.

Part 3: Final Touches

1. Finish the Stew: Once the beef and vegetables are tender, remove the bay leaves. Stir in the frozen peas and cook for 5 more minutes until heated through. If the stew is too thin, you can simmer it uncovered for 10-15 minutes to reduce and thicken. If it’s too thick, add a splash more beef broth.

2. Serve: To serve, spoon a generous portion of the creamy mashed potatoes into a bowl and ladle the hot beef stew over the top. Garnish with fresh chopped parsley, if desired.

Tips for the Perfect Beef Stew

- The Best Cut of Beef: Stick with chuck roast. It has the perfect fat-to-meat ratio that breaks down during the long, slow cooking process, resulting in incredibly tender meat.

- Don’t Skip the Sear: Searing the beef is not just about color; it’s about flavor. The Maillard reaction creates a deep, savory base that defines a great stew.

- Low and Slow is Key: Resist the temptation to turn up the heat. A gentle simmer is what makes the beef fall-apart tender.

- The “Extra” Mashed Potato Trick: For the fluffiest mashed potatoes, use a ricer or a food mill instead of a hand masher. Over-mashing can make them gluey.

Nutrition Information

Please note that the following nutrition information is an estimate and will vary based on the specific ingredients and portion sizes used.

Per Serving (1/8 of recipe):

- Calories: 740 kcal
- Total Fat: 32g
- Saturated Fat: 14g
- Cholesterol: 125mg
- Sodium: 780mg
- Total Carbohydrates: 58g
- Dietary Fiber: 6g
- Total Sugars: 7g
- Protein: 42g