- Prep Time: 20 minutes
- Cook Time: 2 hours 15 minutes
- Total Time: 2 hours 35 minutes
- Yield: 6 servings
- Intensity Level: Easy to Moderate

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Ingredients

For the Beef:

- 2 lbs (900 g) beef chuck, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp olive oil (or vegetable oil)

For the Aromatics:

- 1 large yellow onion, diced
- 3 garlic cloves, minced
- 2 tbsp tomato paste

For the Vegetables:

- 3 medium carrots, peeled and cut into 1-inch rounds
- 3 medium Yukon Gold potatoes, cut into 1-inch chunks
- 2 celery stalks, sliced
- 8 oz (225 g) cremini mushrooms, quartered (optional)

For the Broth:

- 4 cups beef broth (low-sodium recommended)
- 1 cup dry red wine (or additional beef broth)
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- ½ tsp smoked paprika

For the Finish:

- 2 tbsp cornstarch + 2 tbsp cold water (slurry)
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

Equipment Needed: Large Dutch oven or heavy-bottomed pot, cutting board, sharp knife, wooden spoon, measuring cups and spoons.

Instructions

Step 1: Prepare and Sear the Beef

Time: 15 minutes | Intensity: Medium

Pat the beef cubes dry with paper towels—this is essential for achieving a good sear. In a large bowl, toss the beef with flour, salt, and pepper until evenly coated. Heat the olive oil in a Dutch oven over medium-high heat until shimmering. Working in batches (do not crowd the pot), sear the beef on all sides until deeply browned, about 3–4 minutes per batch. Transfer the seared beef to a plate and set aside. Tip: Crowding the pot will steam the meat instead of browning it, so take your time with this step.

Step 2: Sauté the Aromatics

Time: 5 minutes | Intensity: Medium

Reduce the heat to medium. Add the diced onion to the same pot and cook, scraping up the browned bits (fond) from the bottom, for about 3 minutes until softened. Add the minced garlic and tomato paste and cook for 1 minute more, stirring constantly, until fragrant and the tomato paste darkens slightly.

Step 3: Deglaze the Pot

Time: 3 minutes | Intensity: Medium

Pour in the red wine (or additional broth) and bring to a simmer, scraping the bottom of the pot with a wooden spoon to release all the flavorful browned bits. Let the liquid reduce by about half, approximately 3 minutes. This step builds a deep, rich flavor base.

Step 4: Add Broth and Simmer

Time: 1 hour 30 minutes | Intensity: Low (passive)

Return the seared beef to the pot along with any accumulated juices. Add the beef broth, Worcestershire sauce, dried thyme, dried rosemary, bay leaf, and smoked paprika. Stir to combine and bring to a gentle boil. Once boiling, reduce the heat to low, cover, and simmer gently for 1 hour 30 minutes, stirring occasionally. The beef should become fork-tender.

Step 5: Add the Vegetables

Time: 40 minutes | Intensity: Low

Add the carrots, potatoes, celery, and mushrooms (if using) to the pot. Stir to combine, cover, and continue simmering for another 35–40 minutes, or until the vegetables are tender and the beef is fully cooked through. Taste and adjust seasoning with salt and pepper.

Step 6: Thicken the Stew

Time: 5 minutes | Intensity: Low

In a small bowl, whisk together the cornstarch and cold water to create a slurry. Remove the bay leaf from the pot. While stirring the stew continuously, slowly pour in the slurry. Simmer uncovered for 3–5 minutes until the broth thickens to your desired consistency. For a thinner stew, use half the slurry; for a thicker stew, use the full amount.

Step 7: Finish and Serve

Time: 2 minutes | Intensity: Low

Remove from heat, stir in the fresh parsley, and let the stew rest for 5 minutes before serving. Ladle into deep bowls and serve with crusty bread, mashed potatoes, or over egg noodles.

Time & Intensity Summary Table

Phase	Time	Intensity
Beef Prep & Sear	15 min	Medium
Sauté Aromatics	5 min	Medium
Deglaze	3 min	Medium
Simmer (Beef)	1 hr 30 min	Low (Passive)
Add Vegetables	40 min	Low
Thicken	5 min	Low
Finish & Serve	2 min	Low