

- Prep Time: 20 Minutes
 - Cook Time: 2 Hours 30 Minutes
 - Total Time: 2 Hours 50 Minutes
 - Yield: 6 to 8 Servings
 - Intensity Level: Moderate (Requires attention to detail during searing, but largely hands-off during simmering)
 - Cuisine: American / Comfort Food
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Ingredients

For the Stew:

- 3 lbs Beef Chuck: Cut into 1.5-inch cubes. (Chuck is essential; it has the marbling and connective tissue needed for a rich gravy).
- 2 tsp Kosher Salt: (Plus more to taste).
- 1 tsp Freshly Ground Black Pepper.
- 3 tbsp Olive Oil: (Or vegetable oil).
- 2 tbsp Unsalted Butter.
- 1 Large Yellow Onion: Diced.
- 3 cloves Garlic: Minced.
- 3 tbsp Tomato Paste.
- 1/4 cup All-Purpose Flour.
- 4 cups Beef Broth: (Low sodium preferred).

- 1 cup Dry Red Wine: (Cabernet Sauvignon or Merlot work well).
 - 1 tbsp Worcestershire Sauce.
 - 2 Bay Leaves.
 - 4 sprigs Fresh Thyme: (Or 1 tsp dried).
 - 1 lb Yukon Gold Potatoes: Cut into 1-inch chunks.
 - 4 Large Carrots: Peeled and cut into 1-inch thick slices.
 - 2 stalks Celery: Cut into 1-inch pieces.
 - 1 cup Frozen Peas: (Added at the very end).
 - Fresh Parsley: Chopped, for garnish.
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Instructions

Phase 1: Preparation and Searing (Intensity: High)

Time: 25 Minutes

1. **Prep the Meat:** Pat the beef cubes dry with paper towels. This is crucial for a good sear. Season the beef generously with the kosher salt and black pepper.
2. **Heat the Pan:** In a large Dutch oven or heavy-bottomed pot, heat 2 tablespoons of olive oil over medium-high heat until it shimmers.
3. **Sear in Batches:** Working in batches (do not overcrowd the pan, or the meat will steam instead of brown), add the beef. Sear on all sides until deeply browned, about 3-4 minutes per side. Use a slotted spoon to transfer the browned beef to a plate. Repeat with the remaining beef, adding the last tablespoon of oil if needed.

Phase 2: Building the Base (Intensity: Medium)

Time: 15 Minutes

4. **Sauté Aromatics:** Reduce the heat to medium. Add the butter to the pot. Once melted, add the diced onion and celery. Sauté for about 5 minutes until they begin to soften.
5. **Add Garlic and Tomato:** Add the minced garlic and tomato paste. Cook for 1 minute, stirring constantly, until the tomato paste turns a dark brick red color. This removes the raw tinny taste.
6. **Create a Roux:** Sprinkle the flour over the vegetables. Stir constantly for 2 minutes to cook out the raw flour taste. The mixture will look thick and pasty.

Phase 3: Deglazing and Simmering (Intensity: Low)

Time: 2 Hours

7. Deglaze: Pour in the red wine. Using a wooden spoon, scrape the bottom of the pot to release all the browned bits (fond) stuck to the bottom. This is where the flavor lives. Let the wine reduce by half, about 3 minutes.
8. Add Liquids: Pour in the beef broth and Worcestershire sauce. Return the seared beef and any accumulated juices to the pot. Add the bay leaves and thyme.
9. The Low Simmer: Bring the liquid to a boil, then immediately reduce the heat to low. Cover the pot with a lid, leaving it slightly cracked to allow steam to escape. Simmer gently for 1 hour and 30 minutes. Do not boil vigorously, or the meat will become tough.

Phase 4: Adding Vegetables (Intensity: Low)

Time: 45 Minutes

10. Add Root Vegetables: After the initial simmer, the beef should be starting to get tender. Add the potatoes and carrots. Stir to combine.
11. Continue Simmering: Cover and continue to simmer for another 45 minutes to 1 hour, or until the beef is fork-tender and the vegetables are easily pierced with a knife.

Phase 5: Finishing and Resting (Intensity: Low)

Time: 10 Minutes

12. Add Peas: Remove the bay leaves and thyme sprigs. Stir in the frozen peas. Cook for 5 minutes until heated through.
 13. Season: Taste the stew and add more salt and pepper if needed.
 14. Rest: Remove the pot from the heat and let the stew sit, covered, for 10 minutes. This allows the flavors to meld and the sauce to thicken slightly.
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Nutrition Information

Note: Nutritional values are estimates and will vary based on specific ingredients used (e.g., broth sodium levels, cut of meat, and wine type).

- Serving Size: 1/6th of recipe
- Calories: ~520 kcal
- Total Fat: 22g
- Saturated Fat: 8g

- Cholesterol: 110mg
- Sodium: 850mg
- Total Carbohydrates: 32g
- Dietary Fiber: 6g
- Sugars: 7g
- Protein: 42g