



RECIPES

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Classic Beef Stew

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Serves 8-10 People | 15 minutes- prep time | 3 hours and 15 minutes- cooking time | 3 hours 30 minutes- total time

Ingredients:

- 4 tablespoons olive oil
- 2 pounds boneless chuck roast, cut into 2-inch cubes
- salt & pepper
- 1/4 cup all-purpose flour
- 2 cups carrots, chopped
- 2 cups celery, chopped
- 2 cups mini portobello mushrooms, sliced
- 1 large onion or 2 small onions, chopped
- 1 tablespoon garlic, minced
- 2 tablespoons tomato paste
- 1 cup red wine
- 4 cups beef stock
- 2 bay leaves

Directions:

Preheat your oven to 350 degrees F.

Heat a heavy bottomed, oven safe pot over medium heat on the stove and add in two tablespoons of olive oil. Once the oil is hot and begins to sizzle, add in the beef cubes and season with salt and pepper. Brown the beef on all sides for 5-10 minutes. Once the meat is completely brown on all sides, transfer the pieces of meat from the pot into a bowl.

Now, add the last two tablespoons of oil, carrots, celery, and onion. Saute all of the vegetables and season with salt and pepper. Continue to cook for five minutes or until the onions begin to become translucent.

Then, stir in the tomato paste and garlic into the vegetables and cook for another minute. Once all of the vegetables are coated well with the tomato paste, add the flour. Continue to stir everything together for two minutes. Being sure to cook the flour flavor out, as well developing some color onto your vegetables.

Finally, add the red wine, beef stock, and the bay leaves. Stir everything well together and cover with a lid.

Place into the oven and bake for three hours.

Once finished baking, remove from the oven and remove both bay leaves and discard them.

Serve and enjoy!

** If you don't want to cook with wine, then replace it with 1 extra cup of beef broth.

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
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