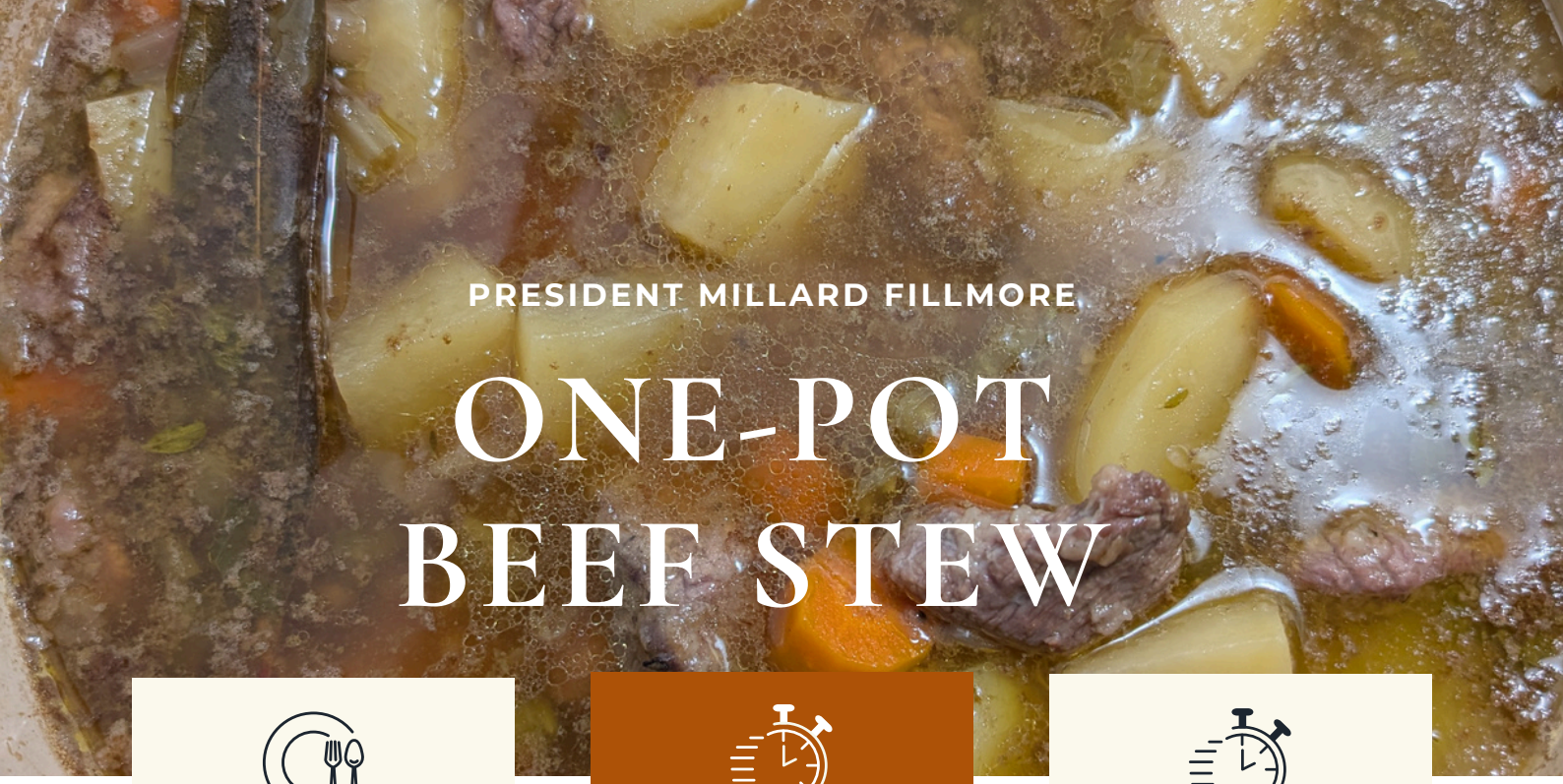

PRESIDENT MILLARD FILLMORE

ONE-POT BEEF STEW

6 SERVINGS

15 MINS
PREP TIME

2 HOURS
COOK TIME

INGREDIENTS

- 1 pound beef stew meat chuck or round, cut into bite-sized pieces
- 2 tablespoons flour
- Salt and pepper to taste
- 2 tablespoons vegetable oil
- 1 large onion chopped
- 2 cloves garlic minced
- 4 cups beef broth
- 1 cup water
- 4 large carrots peeled and sliced
- 3 large potatoes peeled and diced
- 2 stalks celery chopped
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 cup peas (fresh or frozen; optional)
- Fresh parsley for garnish (optional)

INSTRUCTIONS

1. In a large bowl, toss the beef stew meat with flour, salt, and pepper until the meat is evenly coated.

2. Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the beef and brown on all sides, about 5–7 minutes. Remove the beef from the pot and set it aside.

3. In the same pot, add the chopped onion and garlic. Sauté for 3–4 minutes until the onion is translucent and the garlic is fragrant.

4. Pour in the beef broth and water, scraping in any browned bits from the bottom of the pot. This will add extra flavor to the stew.

5. Add the carrots, potatoes, celery, bay leaf, and thyme to the pot. Return the browned beef to the pot, and bring the mixture to a boil.

ONE-POT BEEF STEW



INSTRUCTIONS (CONTINUED)

6. Once boiling, reduce the heat to low, cover the pot, and let the stew simmer for 1½ to 2 hours, or until the beef is tender and the vegetables are cooked through.

7. If using, add the peas to the stew in the last 10 minutes of cooking. Remove the bay leaf, and season the stew with additional salt and pepper to taste.

8. Ladle the stew into bowls, garnish with fresh parsley if desired, and serve hot with crusty bread.

NOTES

- Versatility: This one-pot beef stew is highly versatile. You can add other vegetables like parsnips or turnips, depending on what you have on hand, and subtract some of the carrots and potatoes.
- Flavor: The key to a rich, flavorful stew is allowing it to simmer slowly, giving the flavors time to meld together.
- Leftovers: This stew tastes even better the next day as the flavors continue to develop. Simply reheat on the stovetop or in the microwave.

NUTRITION PER SERVING (6 SERVINGS)

Calories 400 • Total Fat 9g • Saturated Fat 2g • Sodium 730mg •
Total Carbohydrates 57g • Dietary Fiber 7g • Added Sugars 0g • Protein 25g

DIETITIAN'S NOTE

Make this dish healthier by selecting a lean cut of beef, or even substitute with cubed chicken breast.

Adapted from: Eats History