

Classic Tomato Beef Stew

When I think back to my childhood and our many evenings around the family dinner table, a few recipes fondly come to mind, including this hearty and delicious beef stew. My dad was a meat-and-potatoes kind of guy, so my mom made it often. Lucky for me, she passed the recipe down from her recipe box to mine.

MAKES 8 SERVINGS (1½ CUPS EACH)
PREPARATION TIME: 2½ HOURS

Ingredients

- 1½ pounds beef stew meat, trimmed of fat, chopped into ¾-inch pieces
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- 1 large onion, diced
- 3 large garlic cloves, minced
- ¼ cup water
- 1 quart beef broth
- 3 tablespoons tomato paste
- 1 (15-ounce) can tomato sauce
- 1 pound thin-skinned potatoes (such as Yukon gold or creamer potatoes), unpeeled, chopped into 1-inch pieces
- 1 pound carrots, peeled, chopped into ¾-inch pieces
- 1 teaspoon dried thyme (or 6 fresh thyme sprigs)



About the Recipe Author

Recipe by Liz Weiss, MS, RDN, author of Liz's Healthy Table, host of the EAT, DRINK, LIVE LONGER podcast, and wellness and nutrition expert based in Boston, MA.



Instructions

1. Place the beef in a bowl and sprinkle with flour, salt, and pepper. Toss until well coated. Set aside.
2. Heat oil in a large Dutch oven or heavy pot over medium-low heat. Add onion and garlic and cook, stirring, until softened, about 5 minutes.
3. Add the meat. Cook, stirring a few times, until the meat is lightly browned, about 5 minutes.
4. Add ¼ cup water and cook, stirring often, 5 minutes.
5. Raise the heat to medium high. Add broth, tomato paste, tomato sauce, potatoes, carrots, and thyme. Stir until combined. Bring to a simmer, cover, and cook over low heat until the beef and vegetables are fork tender, about 1½ hours.

Note: For a thicker stew, place 1 additional tablespoon of flour in a small bowl with 2 tablespoons cold water; stir until smooth. When the stew is done, add the flour/water mixture, stir, and simmer 3 more minutes to thicken.

Nutritional Analysis (1½ cups serving): 237 calories, 21 g carbohydrate, 4 g fiber, 8 g sugar, 0 g added sugar, 22 g protein, 8 g fat, 2 g saturated fat, 54 mg cholesterol, 454 mg sodium

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