

# Hearty Beef Stew

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-stew-meat-recipes>

## Ingredients:

- 3/4 cup all purpose flour you'll use 3 tablespoons at first, and then the rest at the end
- 2 teaspoons kosher salt divided
- 1 1/2 teaspoons black pepper divided
- 3 1/2 pounds beef chuck cut into 1 to 2-inch pieces
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 cup yellow onion chopped
- 1 cup carrots peeled and sliced
- 1 cup celery chopped
- 15 ounces pearl onions if frozen, thawed
- 507 milliliters red wine 1 bottle, robust cabernet or burgundy is great
- 28 ounces tomatoes whole, drained and roughly chopped
- 1 cup beef stock
- 1 tablespoon tomato paste heaping

## Nutrition:

1. Calories: 1390 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 275 milligrams
4. Fat: 84 grams
5. Fiber: 6 grams
6. Protein: 83 grams
7. SaturatedFat: 32 grams
8. Sodium: 1660 milligrams
9. Sugar: 17 grams

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