

Classic Beef Stew

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 tablespoons canola oil
- 1 pound beef blade or chuck roast cut into 1" cubes
- salt
- pepper
- 1/2 onion finely chopped
- 2 rib celery sliced
- 2 large carrots peeled and chopped
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 2 tablespoons corn starch
- 1/2 cup dry red wine
- 2 cups low sodium beef broth
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1 pound potatoes Little, quartered
- 1 cup frozen peas

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 75 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 1330 milligrams

9. Sugar: 8 grams
 10. TransFat: 1 grams
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