

Classic Beef Stew with peas & pearl onions

This is a pretty basic stew that's tasty, easy to make, and fairly inexpensive. Reheat leftover stew gently and add a little more liquid if it seems too thick.

Makes 6 servings (10 cups); Prep time: 45 minutes, Cook time: 3–4 hours (high)

COOK:

- 6 strips thick-sliced bacon, diced

COMBINE:

- 1/3 cup all-purpose flour
- 1 tsp. kosher salt
- 1 tsp. Spanish paprika
- 1 tsp. dried thyme
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 3 lb. boneless beef chuck roast, cut into 1 1/2-inch chunks (yields 2 lb. trimmed)
- 1 lb. small red-skinned potatoes, quartered
- 2 cups baby carrots
- 1 1/2 cups sliced celery
- 2 dried bay leaves

STIR:

- 2 Tbsp. tomato paste
- 1 Tbsp. minced garlic
- 1 Tbsp. beef base (such as Better Than Bouillon)

COMBINE:

- 2 1/2 cups low-sodium beef broth
- 1 1/2 cups vegetable-juice cocktail (such as V8)
- 2 Tbsp. Worcestershire sauce

ADD:

- 1 cup frozen green peas, thawed
- 1 cup frozen pearl onions, thawed
- 2 tsp. red wine vinegar
- Chopped fresh parsley

Cook bacon in a skillet over medium heat until crisp. Drain bacon on a paper-towel-lined plate; reserve drippings.

Combine flour, salt, paprika, thyme, black pepper, and cayenne in a bowl; add beef and toss to coat. Heat 1 Tbsp. drippings in same skillet over medium. Sear half the beef until brown, 3 minutes per side. Repeat with 1 Tbsp. drippings and remaining beef; transfer to a 4- to 6-qt. slow cooker. Add any remaining flour mixture to the slow cooker; top with potatoes, carrots, celery, and bay leaves.

Stir tomato paste, garlic, and beef base into the skillet and cook over medium heat, 1 minute.

Combine broth, vegetable juice, and Worcestershire and stir into skillet, scraping up bits from the bottom. Bring to a simmer over medium-high heat and cook until thick, 2–3 minutes. Pour broth mixture over beef in slow cooker. Cover slow cooker and cook until beef is fork-tender on high setting, 3–4 hours, or low setting, 6–7 hours. Discard bay leaves.

Add peas, pearl onions, and vinegar to stew. Garnish servings with parsley and bacon.

Per serving: 415 cal; 16g total fat (6g sat); 112mg chol; 1241mg sodium; 21g carb; 4g fiber; 43g protein



For added flavor and color, sear the beef chunks. They will leave behind browned bits of flavor for the stew.



Top the beef with the vegetables — their juices will keep the meat moist and the vegetables will stay intact.



Combine the broth, vegetable juice, and Worcestershire first so that it's evenly distributed into the skillet.

BETTER THAN BOUILLION bases are concentrated pastes made primarily from meat or vegetables that give recipes a richer, more natural flavor than ordinary bouillon or soup bases. The beef base is made from roast beef and concentrated beef stock and adds the perfect flavor to dishes such as beef stew and pot roast. Look for it

