

Healthy Beef Stew



This hearty beef stew is loaded with vegetables and bursting with flavor, making it the ultimate comfort food. Perfect for meal prepping, it's a wholesome, satisfying dish to enjoy whenever you're craving something cozy and nourishing.

Preparation 15 min

Cooking 125-185 min

Servings 6

Nutrition Facts (per serving)

Calories 435

Fat 10

Carbohydrates 53

Fibre 10

Protein 33

Sodium 950

Ingredients

- 650 g (1 ½ lb) stewing beef, trimmed and cubed
- 15 ml (1 tbsp) all-purpose flour
- 5 ml (1 tsp) garlic powder
- 2.5 ml (½ tsp) black pepper
- 45 ml (3 tbsp) olive oil

- 3 yellow onions, chopped
- 10 celery ribs, cut into 1 cm pieces
- 6 medium carrots, cut into 1 cm pieces
- 60 ml (¼ cup) tomato paste
- 22.5 ml (1 ½ tbsp) beef concentrate or 1 beef bouillon cube
- 30 ml (2 tbsp) dried rosemary and/or thyme
- 375 ml (1 ½ cups) frozen peas
- 250 ml (1 cup) parsley, chopped

Preparation

1. In a large bowl, toss the beef with the flour, garlic powder, and black pepper until evenly coated.
2. Heat the olive oil in a large pot over high heat. Fry the beef cubes for about 1 minute on each side, until browned.
3. Lower the heat to medium, add the onions, and cook while stirring for about 3 minutes.
4. Add about 2 liters (8 cups) of water to the pot, gently scraping the browned bits from the bottom with a wooden spoon.
5. Add the potatoes, celery, carrots, tomato paste, beef concentrate, and rosemary and/or thyme to the pot. Simmer uncovered for 2 to 3 hours, stirring occasionally.
6. In the last 10 minutes of cooking, stir in the frozen peas and allow them to cook through.
7. Add the parsley to the pot right before serving, stirring to combine.

Notes

Store in an airtight container in the refrigerator for 3 to 4 days, or freeze for up to 3 months.



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