

Treasure Barrel

Beef Stew in a Bread Bowl Recipe

30 min Prep time	**2 h 30 min** Cook time	**3 h** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

For the Stew

- [ ] 2 lbs beef chuck roast, cut into 1-inch cubes
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 3 tbsp tomato paste
- [ ] 4 cups beef broth
- [ ] 1 cup red wine (optional – substitute with additional broth)
- [ ] 1 lb potatoes, peeled and cubed
- [ ] 3 carrots, peeled and sliced
- [ ] 2 bay leaves
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 cup frozen peas
- [ ] Salt and black pepper to taste

For Serving

- [ ] 6 round bread bowls
- [ ] Fresh parsley for garnish

Instructions

1. Pat the beef cubes dry with paper towels and season generously with salt and pepper. Heat 1 tablespoon of olive oil in a large Dutch oven or heavy pot over medium-high heat. Working in batches, brown the beef on all sides, about 5-7 minutes per batch. Don't overcrowd the pan – this is crucial for proper browning. Transfer browned beef to a plate.

2. Add the remaining olive oil to the pot. Add chopped onion and cook until softened, about 5 minutes. Add garlic and cook for another minute until fragrant. Stir in tomato paste and cook for 2 minutes, stirring constantly – it will darken slightly and smell sweet.

3. Return the beef to the pot along with any accumulated juices. Pour in beef broth and scrape the bottom of the pot to release all those browned bits – this is where so much flavor comes from. Add bay leaves and thyme.

4. Bring to a simmer, then reduce heat to low, cover, and let it cook gently for 1.5 hours. The beef should be starting to tenderize but not quite done yet.

5. Add potatoes and carrots to the pot. Continue simmering, covered, for another 45 minutes to 1 hour, or until both beef and vegetables are tender.

6. Stir in frozen peas and cook for 5 more minutes. Remove bay leaves. Taste and adjust seasoning with salt and pepper.

7. While the stew finishes, preheat your oven to 350°F. Cut the tops off the bread bowls and hollow out some of the soft interior bread, leaving about a 1-inch thick shell. Place bowls and lids on a baking sheet and warm in the oven for 5 j8-10 minutes until slightly crisp.

8. Ladle the hot stew into the warm bread bowls, garnish with fresh parsley, and serve immediately with the bread lids on the side for dipping.

Nutrition per serving

580 kcal	38 g	55 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Stew can be made up to 3 days ahead and refrigerated
- Freeze leftover stew for up to 3 months
- Save the bread you remove from the bowls for breadcrumbs or croutons
- The stew thickens as it cools – add a splash of broth when reheating if needed