

Treasure Barrel

Classic French Recipe - Perfectly Timeless

20 min Prep time	**3 h** Cook time	**3 h 20 min** Total time
6 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 3 lbs beef chuck roast, cut into 2-inch cubes
- [ ] 2 large yellow onions, thickly sliced
- [ ] 4 large carrots, peeled and cut into 1-inch chunks
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

For the Braising Liquid

- [ ] 2 cups beef broth
- [ ] 1 tbsp tomato paste
- [ ] 2 tsp fresh thyme leaves
- [ ] 2 bay leaves
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp Worcestershire sauce

For Serving

- [ ] Fresh parsley, chopped
- [ ] Crusty bread or mashed potatoes

Instructions

1. Pat the beef cubes completely dry with paper towels. Season generously with salt and pepper on all sides. Heat olive oil in a large, heavy-bottomed pot over medium-high heat.
2. Working in batches, brown the beef on all sides. Don't crowd the pan - this is crucial for getting that beautiful crust. Transfer browned meat to a plate as you go.
3. Reduce heat to medium. Add onions to the same pot and cook until softened, about 5 minutes. Add garlic and cook for another minute until fragrant.
4. Stir in tomato paste and cook for 1 minute. Pour in a bit of beef broth to deglaze the pot, scraping up all those browned bits from the bottom.
5. Return the beef to the pot along with any accumulated juices. Add remaining broth, carrots, thyme, bay leaves, and Worcestershire sauce.
6. Bring to a gentle simmer, then reduce heat to low. Cover and cook for 2.5-3 hours, until beef is fork-tender. Stir occasionally and check liquid level.
7. Remove bay leaves. Stir in red wine vinegar. Taste and adjust seasoning. Let rest for 10 minutes before serving garnished with fresh parsley.

Nutrition per serving

420 kcal	38 g	15 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The key to great browning is dry meat and not crowding the pan
- This tastes even better the next day - make it ahead if you can
- If sauce is too thin, remove lid for last 30 minutes of cooking
- Freezes beautifully for up to 3 months