

Treasure Barrel

Creamy Samp with Beef Stew

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
4 Servings	**Medium** Difficulty	**Southern** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups samp (coarsely ground corn)
- [ ] 1.5 lbs beef chuck, cut into 1-inch cubes
- [ ] 1 large onion, diced
- [ ] 2 carrots, sliced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups beef broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1 cup diced potatoes
- [ ] 1 tbsp Worcestershire sauce
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Pat the beef cubes dry, season with salt and pepper, and heat olive oil in a large pot over medium-high heat.
2. Brown the beef in batches until deep golden; remove and set aside. This builds flavor.
3. In the same pot, add onion, carrots, and celery. Sauté until softened, then stir in garlic and tomato paste; cook 2 minutes.
4. Return beef to the pot, pour in beef broth, add thyme and bay leaf. Bring to a gentle boil, then reduce to low simmer.
5. Rinse samp, then add it to the simmering stew. Cover and let cook for 1.5-2 hours, stirring occasionally.
6. When the samp is tender, stir in heavy cream, adjust seasoning, and remove bay leaf.
7. Serve hot, garnished with fresh parsley and a side of crusty bread if desired.

Nutrition per serving

580 kcal	34 g	38 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the stew gets too thick, add a splash more broth or water.
- For extra depth, deglaze the pot with a splash of red wine after browning the beef.
- Allow the dish to rest 5 minutes before serving; this helps the flavors meld.