

Treasure Barrel

Dominican Beef Stew Recipe

20 min Prep time	**2 h 30 min** Cook time	**2 h 50 min** Total time
6 Servings	**Medium** Difficulty	**Dominican** Cuisine

Ingredients

For the Beef and Marinade

- [ ] 2 lbs beef chuck roast, cut into 1-inch cubes
- [ ] 1/4 cup sour orange juice
- [ ] 2 teaspoons salt
- [ ] 1 teaspoon black pepper
- [ ] 1 teaspoon dried oregano
- [ ] 3 cloves garlic, minced

For the Sofrito and Vegetables

- [ ] 2 tablespoons olive oil
- [ ] 1 large onion, chopped
- [ ] 1 bell pepper, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1/4 cup cilantro, chopped
- [ ] 2 tablespoons tomato paste
- [ ] 1 cup tomato sauce
- [ ] 4 cups beef broth
- [ ] 2 large potatoes, peeled and cubed
- [ ] 2 carrots, sliced (optional)
- [ ] 1 bay leaf

For Finishing

- [ ] 1 tablespoon white vinegar
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] Salt and pepper to taste

Instructions

1. In a large bowl, combine the beef cubes with sour orange juice, salt, pepper, oregano, and minced garlic. Let it marinate for at least 30 minutes while you prep the other ingredients.
2. Heat olive oil in a large Dutch oven or heavy pot over medium-high heat. Brown the beef in batches, making sure not to overcrowd the pan. This should take about 5-7 minutes per batch. Transfer browned beef to a plate.
3. In the same pot, add the onion and bell pepper. Cook until softened, about 5 minutes. Add the garlic and cook for another minute until fragrant.
4. Stir in the tomato paste and cook for 1 minute, then add the tomato sauce, beef broth, bay leaf, and return the browned beef to the pot. Bring to a boil, then reduce heat to low, cover, and simmer for 1.5 hours.
5. Add the potatoes and carrots (if using) to the pot. Continue simmering covered for another 30-45 minutes, until potatoes are tender and beef is falling apart.

6 Stir in the vinegar and fresh cilantro. Taste and adjust seasoning with salt and pepper. Remove the bay leaf before serving.

Nutrition per serving

420 kcal	32 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Marinating the beef ensures deeper flavor penetration
- Don't skip browning the beef—it creates fond for the sauce
- The stew thickens as it cools—add more broth if needed when reheating
- This tastes even better the next day as flavors meld