

Treasure Barrel

Traditional European Peasant Soups and Stews

20 min Prep time	**1 h 45 min** Cook time	**2 h 5 min** Total time
6 Servings	**Easy** Difficulty	**European** Cuisine

Ingredients

For the Stew Base

- [ ] 2 tbsp olive oil
- [ ] 1 lb beef sausage, casings removed
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp tomato paste

Vegetables and Herbs

- [ ] 4 medium carrots, chopped
- [ ] 3 stalks celery, chopped
- [ ] 1.5 lbs potatoes, peeled and cubed
- [ ] ½ small green cabbage, chopped
- [ ] 1 tsp dried thyme
- [ ] 2 bay leaves
- [ ] 8 cups beef or vegetable broth
- [ ] Salt and black pepper to taste

Instructions

1. Heat the olive oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Add the beef sausage, breaking it up with a spoon, and cook until well-browned, about 8-10 minutes. Use a slotted spoon to remove the sausage and set it aside.
2. In the same pot, add the chopped onion. Cook, stirring occasionally, until softened and translucent, about 5-7 minutes. Add the minced garlic and tomato paste and cook for another minute until fragrant.
3. Return the browned sausage to the pot. Add the chopped carrots, celery, potatoes, cabbage, thyme, and bay leaves. Pour in the broth and give everything a good stir.
4. Bring the stew to a boil, then immediately reduce the heat to low. Cover the pot, leaving the lid slightly ajar. Let it simmer gently for at least 1 hour and 30 minutes, or until the vegetables are very tender and the flavors have melded together.
5. Remove the bay leaves. Taste the stew and season generously with salt and pepper. Let it stand for 10 minutes off the heat before serving hot.

Nutrition per serving

385 kcal	22 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The stew will thicken as it stands. If you prefer a thinner consistency, add a bit more broth or water when reheating.
- This is a great recipe for a one-pot meal, making cleanup easy.
- For a different twist, try serving it with a dollop of honey glaze on some crusty bread on the side.