

# **The Best Beef Stew**

Taste of Home Test Kitchen

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**Servings: 6**

**Preparation Time: 30 minutes**

**Cook Time: 2 hours**

**1 1/2 pounds beef stew meat, cut into one-inch cubes**  
**1/2 teaspoon salt, divided**  
**6 tablespoons all-purpose flour, divided**  
**1/2 teaspoon smoked paprika**  
**1 tablespoon canola oil**  
**3 tablespoons tomato paste**  
**2 teaspoons herbes de provence**  
**2 cloves garlic, minced**  
**2 cups dry red wine**  
**2 cups beef broth**  
**1 1/2 teaspoons minced fresh rosemary, divided**  
**2 bay leaves**  
**3 cups potatoes, peeled and cubed**  
**3 cups onions, coarsely chopped**  
**2 cups carrots, sliced**  
**2 tablespoons cold water**  
**2 tablespoons balsamic vinegar**  
**1 cup peas (fresh or frozen)**

In a small bowl, toss the beef and 1/4 teaspoon of salt.

In a large bowl, combine four tablespoons of flour and the paprika. Add the beef, a few pieces at a time. Toss to coat.

In a Dutch oven over medium heat, brown the beef in oil. Stir in the tomato paste, herbes de provence and the garlic. Cook until fragrant and the color starts to darken slightly. Add the wine and cook until the mixture just comes to a boil. Simmer until reduced by half, about 5 minutes.

Stir in the broth, one teaspoon of rosemary and the bay leaves. Bring to a boil. Reduce the heat. Cover and simmer until the meat is almost tender, about one and one-half hours.

Add the potatoes, onions and carrots. Cover and simmer until the vegetables and meat are tender, about 30 minutes.

Discard the bay leaves.

In a small bowl, combine the remaining 1/2 teaspoon of rosemary, remaining 1/4 teaspoon of salt and remaining two tablespoons of flour. Add the cold water and vinegar. Stir until smooth. Stir into the stew.

Bring to a boil. Add the peas. Cook, stirring, until thickened, about 2 minutes.

If desired, top with more fresh rosemary.

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Per Serving (excluding unknown items): 434 Calories; 12g Fat (29.4% calories from fat); 32g Protein; 35g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 808mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat.