Prep Time: 25 minutes | Cook Time: 2 hours 15 minutes | Total Time: 2 hours 40 minutes
Serves: 6 | Difficulty: Easy–Intermediate

Table of Contents

- Ingredients
  - For the Beef Stew
  - For the Mashed Potatoes
- Step-by-Step Instructions
  - Stage 1: Prep and Sear the Beef — Time: 20 minutes | Intensity: High heat
  - Stage 2: Build the Base — Time: 5 minutes | Intensity: Medium heat
  - Stage 3: Slow Simmer — Time: 90 minutes | Intensity: Low heat (bare simmer)
  - Stage 4: Add Vegetables — Time: 30–35 minutes | Intensity: Low simmer
  - Stage 5: Make the Mashed Potatoes — Time: 25 minutes | Intensity: Medium-high to low
  - Stage 6: Plate and Serve — Time: 3 minutes | Intensity: Low (serving)
- Nutrition Information (Per Serving — 1 of 6)

Ingredients

For the Beef Stew

- 2 lbs (900 g) beef chuck, cut into 1½-inch cubes
- 2 tsp kosher salt (plus more to taste)
- 1 tsp freshly ground black pepper
- 3 tbsp all-purpose flour
- 3 tbsp olive oil, divided
- 1 large yellow onion, diced (about 1½ cups)

- 3 garlic cloves, minced
- 2 tbsp tomato paste
- 4 cups (960 ml) low-sodium beef broth
- 1 cup (240 ml) dry red wine (or additional beef broth)
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 4 medium carrots, peeled and cut into 1-inch rounds (about 2 cups)
- 3 medium Yukon Gold potatoes, cut into 1-inch chunks (about 3 cups) — *for the stew*
- 1 cup frozen peas
- 2 tbsp chopped fresh parsley, for garnish

For the Mashed Potatoes

- 3 lbs (1.35 kg) russet or Yukon Gold potatoes, peeled and quartered
- 1 tbsp salt (for the boiling water)
- ½ cup (115 g) unsalted butter, softened
- ¾ cup (180 ml) whole milk or half-and-half, warmed
- ½ cup (120 ml) sour cream

- ¼ tsp freshly ground black pepper
- Pinch of nutmeg (optional)

Step-by-Step Instructions

Stage 1: Prep and Sear the Beef — *Time: 20 minutes* | *Intensity: High heat*

1. Pat the beef dry with paper towels — this is essential for a good sear. Season all sides with the 2 tsp salt and 1 tsp pepper, then toss with the flour until lightly coated.
2. Heat 2 tbsp olive oil in a large Dutch oven over high heat until shimmering but not smoking (about 2 minutes).
3. Sear the beef in batches — do not crowd the pot. Cook each batch 3–4 minutes per side, undisturbed, until a deep brown crust forms. Transfer seared beef to a plate. *Intensity: high, sustained.*
4. Lower heat to medium-high. Add the remaining 1 tbsp oil, then the diced onion. Sauté 4–5 minutes until softened and lightly golden, scraping up browned bits. Add garlic and cook 30 seconds until fragrant.

Stage 2: Build the Base — *Time: 5 minutes* | *Intensity: Medium heat*

5. Stir in the tomato paste and cook 1 minute, stirring constantly, until it darkens slightly.
6. Pour in the red wine and simmer 2 minutes, scraping the bottom of the pot to deglaze. *Intensity: medium, gentle simmer.*
7. Add the beef broth, Worcestershire sauce, bay leaves, thyme, and smoked paprika. Return the seared beef and any juices to the pot. Stir to combine.

Stage 3: Slow Simmer — *Time: 90 minutes | Intensity: Low heat (bare simmer)*

8. Bring to a gentle boil, then immediately reduce heat to low so the liquid is at a bare simmer (small bubbles breaking the surface occasionally). Cover with the lid slightly ajar.

9. Simmer 90 minutes, stirring every 20–25 minutes, until the beef is fork-tender. *Intensity: low and steady — avoid a rolling boil, which toughens the meat.*

Stage 4: Add Vegetables — *Time: 30–35 minutes | Intensity: Low simmer*

10. Add the carrots and stew potatoes to the pot. Stir, cover, and simmer 30–35 minutes more, until the vegetables are tender and the beef shreds easily with a fork.

11. Stir in the frozen peas during the last 5 minutes of cooking. Taste and adjust salt and pepper. Remove the bay leaves. *Intensity: low simmer.*

Stage 5: Make the Mashed Potatoes — *Time: 25 minutes | Intensity: Medium-high to low*

12. Place the peeled, quartered potatoes in a large pot and cover with cold water by 1 inch. Add 1 tbsp salt. Bring to a boil over high heat (about 8–10 minutes), then reduce to medium and simmer 15–18 minutes until a knife slides in with no resistance.

13. Drain thoroughly and return the potatoes to the warm pot for 1 minute to evaporate excess moisture. *Intensity: low (residual heat).*

14. Mash or rice the potatoes until smooth. Stir in the softened butter until melted, then the warmed milk, sour cream, pepper, and nutmeg. Mash just until combined — overworking makes them gluey. Cover and keep warm over the lowest possible heat.

Stage 6: Plate and Serve — *Time: 3 minutes | Intensity: Low (serving)*

15. Spoon a generous mound of mashed potatoes into each shallow bowl. Ladle the beef stew alongside or over the top, ensuring each portion gets plenty of gravy.

16. Garnish with fresh parsley and serve immediately, with crusty bread on the side if desired.

Nutrition Information (Per Serving — 1 of 6)

Nutrient	Amount
Calories	685 kcal
Total Fat	32 g
Saturated Fat	13 g
Cholesterol	118 mg
Sodium	890 mg
Total Carbohydrates	55 g
Dietary Fiber	6 g
Total Sugars	7 g
Protein	38 g
Vitamin D	0.4 mcg
Calcium	110 mg
Iron	4.8 mg
Potassium	1,180 mg