

Beef Stew Recipe without Wine

This wine free beef stew brings all the flavor without the alcohol for an easy and delicious soup for cold nights!

Prep Time	Cook Time	Total Time
10 mins	1 hr 30 mins	1 hr 40 mins



5 from 41 votes

Course: Dinner, Lunch, Soup Cuisine: American
Diet: Gluten Free, Low Lactose, Low Salt Servings: 6 people
Calories: 460kcal Author: Alicia

Ingredients

- 2.75 pounds boneless beef chuck roast cut into bite sized pieces
- splash of olive oil
- 2 tablespoons butter or olive oil
- 2 large shallots, chopped
- 2 celery stalks, chopped
- 3 carrots, peeled and chopped
- 3 garlic cloves, minced
- 3 yukon gold potatoes, cut into 1" pieces
- 2 tablespoons flour
- 2 sprigs fresh rosemary
- ½ teaspoon dried thyme
- 2 bay leaves
- 5 cups low sodium beef or vegetable broth
- kosher salt and pepper

Instructions

1. In a large dutch oven, splash a bit of olive oil and turn to medium high heat. Season beef with kosher salt and black pepper. Add chopped beef chuck roast in batches, leaving enough space so it browns and doesn't steam. Brown on all sides, about 5-6 minutes total. Repeat with any leftover meat.
2. Remove the meat and leave the drippings. Add 2 tablespoons butter or olive oil to the dutch oven along with shallots, celery, and carrots. Stir occasionally over medium heat until softened, about 3 minutes. Add garlic and mix into the vegetables. Then add the potatoes* (see notes) and beef. Stir in flour with a wood spoon until fully mixed in, coating all the beef and vegetables.
3. Stir in rosemary, thyme, bay leaves, ½ teaspoon kosher salt, and finally all the broth (or any other liquid additions you're using). Bring everything to a boil over high heat and reduce heat to low. Cover and cook on low heat (or enough for a low simmer) for about 1.5 hours or until the beef is tender and flavors have combined. Taste and adjust any seasonings. Remove bay

leaves and rosemary stalks before serving.

Notes

- If you don't like very soft potatoes, add them within the last 30-40 minutes of cooking. If they are cut even smaller than 1" pieces, they will cook very quickly and fall apart.
- It is **absolutely necessary to buy boneless beef chuck roast** for tender results. Do not buy stew meat or the meat can be tough.
- For beef broth, I recommend Butcher's Bone Broth. For vegetable broth I recommend Trader Joe's Hearty Vegetable or the recipe from my cookbook.
- **If using vegetable broth, I recommend adding ¼ cup of coconut aminos when adding the broth for a greater depth of flavor.** Tart cherry juice can also be used as a "red wine" replacement. See post for more details.
- For gluten free, use all purpose GF flour or cornstarch.
- This can also be made in the oven (in a covered dutch oven) at 325 degrees F for roughly 2 hours.

Nutrition

Calories: 460kcal | Carbohydrates: 10g | Protein: 42g | Fat: 29g | Saturated Fat: 11g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 16g | Trans Fat: 1g | Cholesterol: 143mg | Sodium: 202mg | Potassium: 860mg | Fiber: 2g | Sugar: 3g | Vitamin A: 5188IU | Vitamin C: 3mg | Calcium: 59mg | Iron: 5mg