

Slow-Cooker Hearty Beef Stew

1 comment

MAIN COURSES

STEWs

BEEF

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

SERVES 2

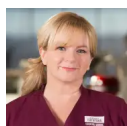
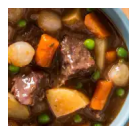
TIME 9 to 10 hours on low or 6 to 7 hours on high

SLOW COOKER SIZE 3½ to 7 quarts



WHY THIS RECIPE WORKS

We found that tasters loved the silky, fall-apart tender texture and deep meaty flavor of blade steak. To start building flavor, we browned the meat. Keeping the steaks whole while we seared them and pulling them apart into chunks later saved us labor but still produced the flavorful fond we wanted. We then enlisted the help of tomato paste—which we cooked with the other aromatics—along with wine and beef broth, to create a rich, complex base. [Read Less](#)



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Best Beef Stew

GATHER YOUR INGREDIENTS

- ☐ **2** (6- to 8-ounce) beef blade steaks, $\frac{3}{4}$ to 1 inch thick, trimmed
- ☐ Salt and pepper
- ☐ **1** tablespoon vegetable oil
- ☐ $\frac{1}{2}$ onion, chopped fine
- ☐ **2** tablespoons all-purpose flour
- ☐ **1** tablespoon tomato paste
- ☐ $\frac{1}{4}$ teaspoon minced fresh thyme
- ☐ **1** cup beef broth, plus extra as needed
- ☐ $\frac{1}{2}$ cup water
- ☐ $\frac{1}{4}$ cup dry red wine
- ☐ **1** red potato, unpeeled, cut into 1-inch pieces
- ☐ **1** carrot, peeled, halved lengthwise, and sliced 1 inch thick
- ☐ **1** bay leaf
- ☐ $\frac{1}{2}$ cup frozen peas, thawed
- ☐ **1** tablespoon chopped fresh parsley

KEY EQUIPMENT



Mixing Bowls



Slow Cookers



Best Chef's Knives

1

INSTRUCTIONS

1. Pat steaks dry with paper towels and season with salt and pepper. Heat oil in 12-inch skillet over medium-high heat until just smoking. Brown steaks, about 2 minutes per side; transfer to slow cooker.

2

Add onion to fat left in skillet and cook over medium heat until softened, about 5 minutes. Stir in flour, tomato paste, and thyme and cook until fragrant, about 1 minute. Slowly whisk in broth, water, and wine, scraping up any browned bits and smoothing out any lumps; transfer to slow cooker.

3

Stir potato, carrot, and bay leaf into slow cooker. Cover and cook until beef is tender, 9 to 10 hours on low or 6 to 7 hours on high. Transfer beef to cutting board, let cool slightly, then pull apart into large chunks using 2 forks; discard fat and gristle.

4

Discard bay leaf. Stir beef and peas into stew and let sit until heated through, about 5 minutes. Adjust consistency with extra hot broth as needed. Stir in parsley and season with salt and pepper to taste. Serve.

RECOMMENDED READING



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MY RATING



