
Beef Stew with Buttery Garlic Bread

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 40 minutes

Start to Finish Time: 2 hours 15 minutes

2 tablespoons canola oil
2 pounds boneless beef chuck roast, cut into 3/4-inch pieces
2 teaspoons Kosher salt, divided
1 teaspoon black pepper, divided
12 ounces cremini mushrooms, quartered
2 medium carrots, chopped
1 1/2 cups frozen pearl onions, thawed
1/4 cup all-purpose flour
2 teaspoons chopped garlic
3/4 cup brown ale beer
3 cups unsalted beef stock
6 baguette bread slices
1 large clove garlic, halved lengthwise
1/4 cup salted butter

Heat oil in a large cast-iron Dutch oven over medium-high heat. Add the beef. Sprinkle with one teaspoon of the salt and 1/2 teaspoon of the pepper. Cook, stirring occasionally, until browned on all sides, about 6 minutes.

Add the mushrooms, carrots and onions. Cook over medium-high heat, stirring often, until the vegetables begin to soften, about 5 minutes. Add the flour and garlic. Cook, stirring constantly, for 1 minute. Add the beer. Simmer until reduced by about half, about 2 minutes. Add the stock and remaining one teaspoon of salt and 1/2 teaspoon of pepper. Bring to a boil. Reduce the heat to medium-low. Cover and simmer until the beef is very tender, about 1-1/2 hours.

Rub both sides of the bread slices with cut sides of a garlic clove. Melt two tablespoons of the butter in a large cast-iron skillet over medium-high heat. Once the butter begins to foam, add three bread slices, turning immediately to ensure both sides are coated with melted butter. Cook until the bottom is golden, about 1 minute. Turn the bread slice and cook until the bottom is golden, about 1 minute. Repeat with the remaining two tablespoons of butter and three bread slices.

Serve the garlic bread alongside the stew.

Soup, Stew and Chili

Per Serving (excluding unknown items): 85 Calories; 5g Fat (48.0% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 639mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 Fat.