



Beef Stew with Carrots, Potatoes & Peas

& Warm Ciabatta



40-50min



2 Servings

A hearty combination of beef, sweet onion, tender carrots, and creamy potatoes combines with butter and tomato paste to form a rich base. The mixture simmers in an umami-rich broth with mushroom seasoning and beef broth concentrate before finishing with a bright swirl of peas and sprinkle of fresh parsley. Toasted ciabatta is perfect for sopping up every last drop!

What we send

- 1 yellow onion
- 1 carrot
- garlic
- 1 Yukon gold potato
- ½ lb shredded beef ^{3,2}
- 6 oz tomato paste
- 1 pkt beef broth concentrate
- ¼ oz mushroom seasoning
- 1 ciabatta roll ²
- ¼ oz fresh parsley
- 2½ oz peas

What you need

- unsalted butter ¹
- all-purpose flour ²
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper

Tools

- small pot

Cooking tip

Alternatively, replace half of the amount of water in step 3 with dry red wine, such as Cabernet, Merlot, or Malbec.

Allergens

Milk (1), Wheat (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 17g, Carbs 77g, Protein 26g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center.

Cut **half of the onion** into 1-inch chunks (save rest for own use). Scrub **carrot**; cut into 1-inch chunks. Finely chop **2 large garlic cloves**. Peel **potatoes**; cut into 1-inch chunks. Pat **beef** dry; cut or tear into 1-inch pieces.



4. Toast bread, prep parsley

When **stew** is nearly ready, bake **ciabatta** directly on center oven rack until browned and crusty, about 5 minutes.

Pick **parsley leaves** from stems and finely chop; discard stems.



2. Begin stew

In a small pot, melt **2 tablespoons butter** over medium heat until foaming; add **onions** and **carrots**. Cook, stirring occasionally, until onions are softened and translucent, 3–4 minutes.

Add **garlic**; cook until fragrant, about 1 minute. Add **1 tablespoon tomato paste** and **2 tablespoons flour**. Cook, stirring often, for another minute.



5. Finish stew

Stir **peas** into stew and cook until bright green and tender, about 1 minute. Remove from heat and stir in **half of the parsley** and **½ teaspoon vinegar**; season to taste with **salt** and **pepper**.



3. Simmer stew

Add **beef, potatoes, broth concentrate, mushroom seasoning**, and **2 cups water** (see cooking tip). Bring to a boil over high heat, scraping bottom of pot to dissolve any browned bits. Lower heat to maintain a gentle simmer, cover and cook, stirring occasionally, until potatoes are completely tender and stew is thickened, 25–30 minutes.



6. Serve

Divide **beef stew** between bowls; garnish with **remaining parsley**. Serve with **warm bread** on the side. Enjoy!