

Brazilian Beef Stew with Garlic Potatoes

A flavorful and hearty Brazilian beef stew served with garlic potatoes. This dairy-free dish is perfect for those looking for a comforting and satisfying meal.



Main Dish

Brazilian

75 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 200g beef (cut into cubes)
- 2 tablespoons olive oil
- 2 cloves garlic (minced)
- 1 onion (diced)
- 2 potatoes (peeled and diced)
- 2 cups beef broth
- 1 bay leaf
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a large pot over medium heat.
- 2 Add the beef cubes and cook until browned on all sides. Remove from pot and set aside.
- 3 In the same pot, add the minced garlic and diced onion. Sauté until fragrant and onions are translucent.
- 4 Return the beef to the pot and add the diced potatoes, beef broth, bay leaf, salt, and pepper.
- 5 Bring the mixture to a boil, then reduce heat to low and simmer for about 1 hour or until the beef is tender and the potatoes are cooked through.
- 6 Remove the bay leaf and adjust seasoning if needed.
- 7 Serve hot, garnished with fresh parsley.