

Caramelized Onion and Beef Stew

A hearty beef stew slowly simmered with sweet caramelized onions and rich broth, creating a comforting and flavorful dish perfect for any cozy meal.


130 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 150g beef chuck, cubed
- 1 large onion, thinly sliced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 200ml beef broth
- 1 teaspoon tomato paste
- 1/2 teaspoon dried thyme
- Salt and black pepper to taste
- 1 teaspoon flour (optional, for thickening)
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a pot over medium heat.
- 2 Add sliced onions and cook slowly, stirring occasionally, until deep golden brown and caramelized, about 20 minutes.
- 3 Add minced garlic and cook for another 1 minute.
- 4 Increase heat to medium-high, add beef cubes, and brown on all sides.
- 5 Sprinkle flour over the beef and stir for 1 minute (optional).
- 6 Stir in tomato paste, dried thyme, and season with salt and pepper.
- 7 Pour in beef broth, bring to a boil, then reduce heat to low.
- 8 Cover and simmer for 1.5 to 2 hours until beef is tender and stew is thickened.
- 9 Taste and adjust seasoning.
- 10 Garnish with fresh parsley before serving.