

Catalan Escudella i Carn d'Olla (One-Pot Meat & Vegetable Stew)

A hearty, traditional Catalan main dish, Escudella i Carn d'Olla is packed with simmered meats, vegetables, and beans. This comforting stew is perfect for cool evenings and brings the flavors of Catalonia to your table.



Main Dish

Catalan

50 min

Total time

Medium

Difficulty

480

kcal / serving

Ingredients

- 80g beef chuck, cubed
- 1 Catalan pork sausage (botifarra) or 50g mild sausage
- 30g chickpeas (cooked and drained)
- 1/2 potato, peeled and diced
- 1/2 carrot, sliced
- 1/2 small leek, sliced
- 1/2 small cabbage leaf, shredded
- 300ml water or mild beef/chicken broth
- 1 tbsp olive oil
- Salt and pepper, to taste

Steps

- 1 Heat the olive oil in a medium saucepan over medium heat. Brown the beef pieces and sausage for 2-3 minutes.
- 2 Add carrot, leek, cabbage, and potato. Stir for 2 more minutes.
- 3 Pour in the broth or water. Bring to a boil, then reduce heat to low.
- 4 Cover and simmer for 35 minutes, until the meat is tender.
- 5 Add the cooked chickpeas and simmer 5 more minutes.
- 6 Season to taste with salt and pepper. Serve hot in a deep bowl.