

Quick Beef Stew

This delicious, easy beef stew recipe is a great way to enjoy a classic family meal in under 30 minutes.



Main Dish

30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- Ingredients for 1 person:
- 2 tablespoons olive oil
- 1 small onion, diced
- 1 small clove of garlic, minced
- 1 small potato, cubed
- 1/2 cup carrots, diced
- 1/2 pound lean ground beef
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon paprika
- 1/2 cup low-sodium beef broth
- Salt and pepper to taste

Steps

- 1 Steps of Preparation:
- 2 Heat olive oil in a medium-sized skillet over medium heat.
- 3 Add onions and garlic and cook for 3-4 minutes, stirring occasionally.
- 4 Add potatoes and carrots and cook for an additional 3-4 minutes, stirring frequently.
- 5 Add ground beef to the skillet and cook until the beef is cooked through.
- 6 Add Worcestershire sauce, oregano, parsley, and paprika and stir to combine.
- 7 Pour in the beef broth and bring to a simmer.
- 8 Simmer for 10-15 minutes, stirring occasionally, until the vegetables are tender and the sauce has thickened.
- 9 Season with salt and pepper, to taste.
- 10 Serve in a bowl with your favorite sides. Enjoy!