

Thick Caramelized Onion and Beef Stew

A rich and hearty stew combining tender beef chunks with deeply caramelized onions, simmered until thick and flavorful.

Perfect comfort food for chilly days, offering a luscious texture and robust taste.


110 min

Total time

Medium

Difficulty

550

kcal / serving

Ingredients

- 150g beef chuck, cut into cubes
- 1 large onion, thinly sliced
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tbsp butter
- 1/2 cup beef broth
- 1/4 cup red wine (optional)
- 1 tsp tomato paste
- 1/2 tsp fresh thyme leaves
- Salt and pepper to taste
- 1 tsp flour (for thickening)
- Fresh parsley for garnish

Steps

- 1 Heat olive oil and butter in a heavy-bottomed pot over medium heat.
- 2 Add sliced onions and cook slowly, stirring frequently until they turn deep golden brown and caramelized, about 20-25 minutes.
- 3 Add minced garlic and cook for another minute.
- 4 Increase heat to medium-high and add beef cubes; brown all sides for 5-7 minutes.
- 5 Stir in tomato paste and cook for 1 minute.
- 6 Sprinkle flour over the beef and onions, stirring well to coat and thicken the mixture.
- 7 Pour in beef broth and red wine, scraping up any browned bits from the bottom of the pot.
- 8 Add thyme, salt, and pepper.
- 9 Reduce heat to low, cover, and simmer gently for 1 hour or until beef is tender and stew is thickened.

Adjust seasoning as needed and garnish with fresh parsley before serving.