



Complexity level: Easy

Calories level: Middle-calories level

Price estimation: 5 - 10 \$

Ingredients

4 clv
garlic
1
onion
2 lb
beef (foreshank/shin)
1/2 t
salt
1/4 t
ground black pepper
5 T
olive oil
1/2 t
salt
1/4 t
rosemary
1/4 t
thyme
1 c
white wine
7 oz
tomato sauce
4
bay leaves
3
potatoes (medium)
3
carrots
3 oz

peas (canned)

Instructions

1. Peel and chop cloves of garlic.
2. Peel and chop onion.
3. Cut beef into cubes and sprinkle with some salt and ground black pepper.
4. Heat 5 tablespoons of olive oil in a pot. When warm add chopped garlic & onion with half a teaspoon of salt. Cook over low-medium heat for 5 - 7 minutes.
5. Add beef cubes with some thyme and rosemary to the pot. Stir and cook over medium heat for 4 - 5 minutes or until golden.
6. Add white wine & tomato sauce with bay leaves to the pot.
7. Cover the pot and cook over low heat for 30 - 35 minutes.
8. Peel and cut potatoes into cubes and peel and slice carrots (while cooking).
9. Add potatoes and carrots.
10. Cover and cook over low heat for 10 - 15 minutes more.
11. Add peas and cook for 10 -12 minutes more.
12. Serve warm and enjoy your Spanish beef stew recipe. See more [beef recipes](#) [1]!

Source URL: <https://thespanishcuisine.com/recipes/beef-stew>

Links

[1] <https://thespanishcuisine.com/recipes/beef>