

# Trail Riders Beef Stew

**Serves:** 8-10 people | **Cook Time:** 2 hours | **Difficulty:** Medium

## Equipment Needed:

- 12-inch Dutch oven with lid
- Sharp knife and cutting board
- Large spoon for stirring
- Small bowls for prep

## Ingredients:

| Ingredient       | Amount            | Notes                          |
|------------------|-------------------|--------------------------------|
| Beef chuck roast | 3 lbs, cubed      | Cut into 2-inch pieces         |
| Beef broth       | 4 cups            | Low sodium                     |
| Red wine         | 1 cup             | Optional, can substitute broth |
| Carrots          | 1 lb, chunked     | Cut into 1-inch pieces         |
| Potatoes         | 2 lbs, cubed      | Yukon or russet                |
| Yellow onion     | 2 large, chopped  | Coarsely chopped               |
| Celery           | 4 stalks, chopped | Include leaves                 |
| Garlic           | 6 cloves, minced  | Fresh only                     |
| Tomato paste     | 3 tbsp            | Adds depth                     |
| Flour            | 1/4 cup           | For thickening                 |
| Bay leaves       | 3                 | Remove before serving          |
| Fresh thyme      | 2 tbsp            | Or 1 tbsp dried                |
| Salt             | 2 tsp             | To taste                       |
| Black pepper     | 1 tsp             | Freshly ground                 |
| Vegetable oil    | 3 tbsp            | For browning                   |

## Complete Cooking Steps:

### Step 1: Setup and Prep

Set up 25 coals, with 10 on top and 15 on bottom, to achieve a temperature of 400°F.

Chop all vegetables to uniform sizes: carrots and potatoes into 1-inch pieces, and onions coarsely chopped.

### Step 2: Brown the Beef

Heat the oil in a Dutch oven until it shimmers. Brown the beef cubes in batches, 3-4 minutes per side, until they are deep golden brown on all sides.

Don't overcrowd the pot, or the meat will steam instead of browning.

### Step 3: Sauté Aromatics

Add onions and celery to the same pot with beef drippings.

Add minced garlic and tomato paste, cooking 1-2 minutes until the paste darkens. Sprinkle flour over the vegetables and stir for 1 minute.

### Step 4: Deglaze and Build Stew

Slowly add wine (if using) or additional broth, scraping up browned bits from the bottom.

Add beef broth, bay leaves, and thyme, then return the browned beef to the pot.

### Step 5: Long Slow Cooking

Reduce to 16 coals (8 on top, 8 on bottom) for a heat setting of 325°F.

Add carrots and potatoes, and continue cooking for 30 more minutes, until the beef is fork-tender and the vegetables are cooked through.

### Step 6: Final Seasoning

Remove bay leaves and taste the stew for seasoning.

Adjust with salt and pepper as needed. Stew should be thick enough to coat a spoon but not too thick to be pasty.

## Serving Suggestions:

- Serve with crusty bread or biscuits
- Great for cold camping nights
- Tastes even better the next day
- Perfect comfort food for large groups

