

EASY OVEN BEEF STEW

Prep time: 15 mins | Cook Time: 2 hrs 30 mins | 350 F Oven

With this recipe, you don't need to brown the meat first (so it's much easier and lower fat too) but it still makes a rich tasting stew or thick chunky soup. Serve with lots of warm crusty bread for dipping. Leftovers reheat and freeze well. Enjoy!

INGREDIENTS:

- 3 lbs **Unger Meats Beef Stew**
- 2 large Onions, chopped
- 4 cloves Garlic, minced
- 1/2 cup All Purpose Flour
- 1 tsp Salt
- 1/2 tsp Fresh Ground Pepper
- 1/2 tsp Dried Thyme
- 3 cups Beef Stock
- 1 cup Dry Red Wine (or water)
- 2 tbsp Worcestershire Sauce
- 1 can Tomato Sauce (14 oz / 398 ml)
- 1 Bay Leaf
- 4 medium Carrots, sliced
- 4 medium Potatoes, diced
- *Feel free to add another vegetables you would like*



DIRECTIONS:

- Preheat oven to 350 F
- Trim beef and cut into 1" chunks. Ungers Beef Stew is pre-cut, trimmed and ready to cook with.
- Place into a roasting pan or large dutch oven.
- Add onions, garlic, flour, salt, pepper and thyme. Mix well so that all the beef is coated.
- Stir in beef stock, red wine (or water), tomato sauce and Worcestershire sauce
- Add the bay leaf then cover with lid or foil.
- Bake in 350 F oven for 1 hour.
- After 1 hour is done, add the carrots, mix, cover again and return to the oven for 1 more hour.
- Stir in potatoes and bake for another 30 mins or until the meat is very tender and the vegetables are soft.
- If it is too thick for your liking, simply add a little water; if too thin, remove the lid or foil and let it bake, uncovered to let the liquid cook down a bit.
- Remove the bay leaf. Taste to see if you need to add more salt or pepper.
- Serve hot with warm crusty bread.

Enjoy!

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