

Choco Fever Dream

Beef Stew in a Bread Bowl Recipe

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 2 tbsp all-purpose flour
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 3 carrots, sliced
- [ ] 2 potatoes, peeled and cubed
- [ ] 2 parsnips, sliced
- [ ] 4 cups low-sodium beef broth
- [ ] 1 cup red wine (optional)
- [ ] 2 tsp smoked paprika
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste
- [ ] 1 large sourdough loaf, hollowed

Instructions

1. Pat the beef dry, toss with flour, then brown in a heavy pot with olive oil over medium-high heat; work in batches so the pieces get a deep caramel color.
2. Add onion and garlic to the pot, sauté until translucent, then pour in red wine (if using) and scrape up any browned bits.
3. Stir in carrots, potatoes, parsnips, paprika, thyme, bay leaf, and broth. Bring to a simmer, then reduce heat to low, cover, and let cook gently for 1½-2 hours until beef is tender.
4. Season with salt and pepper, remove the bay leaf, and let the stew rest while you prepare the bread bowl.
5. Slice off the top of the sourdough loaf, scoop out some of the interior crumb, leaving a thick wall; toast the inside lightly on a baking sheet for 5-7 minutes.
6. Ladle the hot stew into the toasted bread bowl, garnish with a sprinkle of fresh parsley, and serve immediately.

Nutrition per serving

480 kcal	35 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the stew thickens too much, stir in a splash of broth to reach desired consistency.
- For extra depth, add a tablespoon of tomato paste when sautéing the onion.
- Taste and adjust seasoning right before serving.