

# Beef & Cabbage Stew

Beef & Cabbage Stew is a hearty dish that's perfect for warming you up on cold nights! Easy to make and total comfort food!

Prep Time: 5 minutes

Cook Time: 2 hours 30 minutes

Total Time: 2 hours 35 minutes

Servings 4 servings

## Ingredients

- 1 pound beef stew meat cut into 1 inch cubes
- 1 tablespoon [vegetable oil](#)
- 10 ounces beef broth
- 1 yellow onion peeled and diced
- 1/4 teaspoon [black pepper](#)
- 1 bay leaf
- 4 medium sized potatoes cut into bite-sized pieces
- 1/3 head of green cabbage rough chopped
- 1 large carrot peeled and diced
- 8 ounce can tomato sauce
- Salt to taste
- Fresh parsley for garnish

## Instructions

1. Place a large pot over medium-high heat. Pour the vegetable oil into the hot pot.
2. Add the stew meat and spread into an even layer so that all of the pieces can brown. Cook for 5 to 8 minutes, stirring occasionally until the meat is browned and the liquid released from cooking has been reduced.
3. Add the beef broth, onions, pepper, and bay leaf to the pot. Stir to combine. Cover, reduce heat to medium-low and simmer for 1 hour 15 minutes, or until the meat is tender.
4. Remove the cover and add the potatoes, cabbage, and carrots to the pot. Stir to combine.
5. Recover and simmer for 45 minutes to 1 hour until the vegetables are fork tender.
6. Uncover the stew and add the tomato sauce and 1/4 teaspoon salt. Stir and simmer for another 15 to 20 minutes uncovered. Season with salt to taste once the stew has finished cooking.
7. Portion into serving bowls, garnish with fresh parsley, if desired, and serve immediately.

## Notes

Tip: Place the potatoes in a bowl once you've diced them and cover with cold water. When you're ready to use the potatoes, drain the water. This helps keep them from browning while the stew simmers.

## Nutrition

Calories: 418kcal | Carbohydrates: 38g | Protein: 39g | Fat: 12g | SaturatedFat: 6g | Cholesterol: 88mg | Sodium: 648mg | Potassium: 1574mg | Fiber: 8g | Sugar: 6g | Vitamin A: 2865IU | Vitamin C: 58.9mg | Calcium: 124mg | Iron: 10.8mg