

Bouquet Garni BEEF STEW

Herbal. Hearty. Heartwarming. ♥

A classic French-inspired beef stew made fragrant with a bouquet garni of thyme, bay leaf, and parsley. Slow-simmered for deep, rich flavor and melt-in-your-mouth tenderness. ♥

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INGREDIENTS

- ♥ 2 lbs beef stew meat, cubed
- ♥ 2 tbsp olive oil
- ♥ 1 large onion, chopped
- ♥ 3 cloves garlic, minced
- ♥ 3 carrots, sliced
- ♥ 3 potatoes, cubed
- ♥ 2 celery stalks, sliced
- ♥ 2 tbsp tomato paste
- ♥ 1 cup red wine (optional)
- ♥ 4 cups beef broth
- ♥ 1 (6-inch) bouquet garni (see below)
- ♥ 1 tsp salt (or to taste)
- ♥ 1/2 tsp black pepper
- ♥ 2 tbsp fresh parsley, chopped (for garnish)

DIRECTIONS

- 1 Pat beef dry and season with salt and pepper.
- 2 Heat olive oil in a large pot or Dutch oven over medium-high heat. Brown beef in batches. Remove and set aside.
- 3 In the same pot, add onion and cook until softened, about 5 minutes. Add garlic and cook 1 minute more.
- 4 Stir in tomato paste and cook for 1–2 minutes.
- 5 Deglaze with red wine (if using), scraping up browned bits.
- 6 Add beef broth, browned beef, vegetables, and bouquet garni. Bring to a boil, then reduce heat to low. Cover and simmer for 1½ to 2 hours, or until beef is tender.
- 7 Remove bouquet garni. Taste and adjust seasoning. Garnish with fresh parsley and serve warm. ♥



Cheryl's Tip ♥

For the richest flavor, let the stew rest 30 minutes before serving. It tastes even better the next day! ♥

WHAT IS A BOUQUET GARNI?

A bundle of fresh herbs tied together with string and added to soups, stews, and sauces for flavor. Typically includes thyme, bay leaf, and parsley. ♥

BOUQUET GARNI



THYME



BAY LEAF



PARSLEY

Tie together with kitchen string.

PERFECT PAIRINGS



CREAMY
MASHED
POTATOES



CRUSTY
FRENCH
BREAD



SIMPLE
GREEN
SALAD



A GLASS OF
RED WINE ♥

BENEFITS OF BOUQUET GARNI

- ♥ Thyme supports immune health and adds a warm, earthy flavor.
- ♥ Bay leaf aids digestion and enhances the overall aroma.
- ♥ Parsley is rich in antioxidants and brings a fresh, vibrant note.



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