

Beef with Tomato Sauce

Tender beef braised in rich tomato sauce with herbs and spices. This comforting dish serves 4 and pairs perfectly with mashed potatoes or rice.

90	30	120	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Beef with Tomato Sauce

Ingredients

- 2.2 lb steak
- 1 tbsp sunflower oil
- 1 tbsp tomato paste
- 1 tbsp flour
- 2 onion
- 1 bay leaf
- 2 clove garlic
- 1 tsp oregano
- 2 tsp salt
- 1 tsp black pepper
- 3 cup water

Instructions

- 1 Prepare the marinade**

Cut 2.2 lb beef into large chunks and place in a bowl. Combine 1 tablespoon onion juice, 2 cloves minced garlic, 1 teaspoon thyme, and 1 tablespoon olive oil in a small bowl. Pour marinade over beef and toss to coat evenly.
- 2** Cover bowl with plastic wrap and refrigerate for at least 1 hour or up to overnight. Remove from refrigerator 30 minutes before cooking to bring to room temperature.
- 3 Sear the beef**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a heavy-bottomed pot or Dutch oven over medium-high heat (190°C/375°F). Pat beef dry with paper towels.
- 4** Sear beef chunks for 2-3 minutes per side until golden brown on all surfaces. Transfer seared beef to a plate and set aside.
- 5 Build the sauce**

Reduce heat to medium and add diced onions to the same pot. Cook for 3-4 minutes until soft and translucent, stirring occasionally.
- 6** Add 2 teaspoons tomato paste and cook for 2 minutes, stirring constantly, until paste darkens and becomes fragrant. The paste should not burn.

- 7 Braise the beef**
Return seared beef to the pot along with any accumulated juices. Add 3 cups hot water and bring to a gentle simmer over medium heat.
- 8** Reduce heat to low, cover pot, and simmer for 1.5-2 hours until beef is fork-tender and easily shreds. Check every 30 minutes and add more hot water if needed to keep beef partially covered.
- 9 Season and thicken**
Season with 1 teaspoon salt and pepper to taste during the last 30 minutes of cooking. Mix 1 tablespoon flour with 3 tablespoons cold water to create a smooth slurry.
- 10** Whisk flour slurry into the simmering sauce and cook for 2-3 minutes until sauce thickens enough to coat the back of a spoon. Taste and adjust seasoning as needed.
- 11 Serve**
Remove from heat and let rest for 5 minutes. Serve immediately while hot with the thickened tomato sauce spooned over the beef.

Tips

Always bring marinated beef to room temperature before cooking to ensure even searing and prevent the meat from releasing excess moisture when it hits the hot pan.

Use a heavy-bottomed pot or Dutch oven for even heat distribution, which prevents hot spots that can cause the sauce to burn or stick to the bottom.

Don't skip the searing step - this caramelization is crucial for developing the deep, rich flavors that make this dish exceptional.

Keep the braising liquid at a gentle simmer rather than a rolling boil to prevent the meat from becoming tough and stringy.

Taste and adjust seasoning near the end of cooking, as the flavors concentrate during the braising process and you may need less salt than expected.

For extra depth of flavor, add a splash of red wine to deglaze the pan after searing the beef, then let it reduce before adding other liquids.

If the sauce needs thickening, remove the beef and reduce the sauce over high heat, or use a flour and water slurry for quicker results.

Let the finished dish rest for 5-10 minutes before serving to allow the flavors to settle and the sauce to thicken slightly.