

Italian Spezzatino beef stew

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Italian spezzatino beef stew is a delicious beef stew full of fork tender beef in a red wine tomato sauce. Yes, spezzatino is the Italian word for beef stew. It's a hearty, comforting dish made with chunks of meat simmered in a flavorful broth, often with tomatoes, onions and carrots. And sometimes peas and potatoes.

The stew is cooked slow allowing the meat to become melt -in - your-tender and the sauce a rich deep flavor.

Italian spezzatino beef stew has a more Italian wine-infused, and lighter flavor, while beef stew is thicker and heartier taste. Hearty, filling and comforting it is usually prepared for Italian family meals.

What I used to make this Italian spezzatino beef stew

Beef: I use a good quality beef chuck roast , but stewing beef works perfectly.

Mushrooms: I like to use brown mushrooms such as cremini or baby portabellas, but any mushroom works fine

Tomatoes : I used fresh tomatoes you can use a good quality canned tomato.

Stock: I use beef stock , but vegetable or chicken stocks are great alternatives.

Italian spezzatino beef stew gets even better the next day, so make a large pot. It's also freezer friendly.

As always if you make this recipe please leave a comment, with your experience. I love hearing from you it's my favorite part and it helps others. THANKS!!!

Ingredients

- 2 Lbs. beef chuck cut into large dice
- 1 cup diced pancetta
- 1/2 cup flour
- 1/3 cup olive oil
- 2 cups chopped tomatoes
- 2 cups sliced mushrooms
- 1 cup red wine
- 3 cups beef stock
- 1/2 cup Italian parsley
- 1 Tbsp. each thyme + oregano + rosemary

Instructions

1. Start by salt and peppering the meat then coat with flour. In a dutch oven in olive oil over medium high saute the meat with the pancetta until browned.
2. Then add the onion, celery, carrots, and simmer until soft. Add the mushrooms and tomatoes and cook for a few minutes to combine the flavors and ingredients. Then deglaze the pan with the red wine waiting until it evaporates before adding the beef stock and herbs.
3. Simmer covered for 2 to 2 1/2 hours or until the meat is fork tender. ENJOY!!!!