

Italian White Beef Stew with Potatoes & Peas

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(*Spezzatino di Manzo in Bianco*)

There's something deeply comforting about a pot of beef stew slowly simmering on the stove. This Italian White Beef Stew—known as *Spezzatino di Manzo in Bianco*—is rustic, simple, and full of old-world flavor.

Unlike tomato-based stews, this version is made without tomatoes, creating a light, savory sauce that lets the beef, potatoes, and sweet peas shine. It's the kind of dish you'd find in a nonna's kitchen on a Sunday afternoon—served with crusty bread and good conversation.

Tender chunks of beef, silky potatoes, and bright green peas come together in a rich broth built from olive oil, aromatics, and slow cooking. It's humble, hearty, and exactly the kind of meal that warms you from the inside out.

Things to know about this Italian White Beef Stew with Potatoes & Peas

- **Cut of beef matters:** Chuck or stewing beef gives the most tender results.

- **Flouring the meat:** Lightly coating the beef in flour thickens the sauce naturally.
 - **Vegetable timing:** Add peas at the very end to keep them bright and tender.
 - **Flavor boost:** Letting the stew rest 10–15 minutes off heat allows flavors to meld beautifully.
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Storage & Reheating

- **Fridge:** Store in an airtight container for up to **3–4 days**.
 - **Freezer:** Freeze in a freezer-safe container for up to **3 months**.
 - **Reheating:** Gently reheat on the stovetop over low heat, adding a splash of broth if needed. The potatoes may absorb some liquid, so stir occasionally to keep it saucy.
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If you loved this **Spezzatino di Manzo in Bianco**, check out more cozy Italian recipes on the blog:

- Classic Italian Polenta – perfect to serve alongside this stew.
- Rustic Italian Meatballs – another comforting favorite.
- Easy Italian Minestrone Soup – for a light starter or side.

Don't forget to **save this recipe** for your next Sunday dinner

and share it with friends who love **Italian** comfort food.





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- **Prep Time:** 20 minutes
- **Cook Time:** 1 hour 30 minutes
- **Total Time:** About 1 hour 50 minutes
- **Servings:** 4-6

Ingredients

- 2 lbs beef chuck, cut into 1½-inch cubes
- 3 tablespoons olive oil
- 1 medium yellow onion, finely diced
- ½ cup diced celery
- ½ cup diced carrots
- 2 cloves garlic, minced
- ½ cup dry wine **or** additional broth
- 3 cups beef broth (more if needed)
- 1 bay leaf
- 1 teaspoon chopped fresh rosemary (or ½ tsp dried)
- 1½ lbs Yukon Gold potatoes, peeled and cut into chunks
- 1 cup frozen peas
- Salt and black pepper, to taste
- Fresh parsley, for garnish

Instructions

1. Lightly Flour & Brown the Beef

Pat the beef dry and season generously with salt and pepper. Lightly coat each piece with flour, shaking off any excess. Heat olive oil in a heavy Dutch oven over medium heat. Brown the beef gently on all sides, letting it caramelize slightly for deeper flavor.

2. Cook the Vegetables

Add the diced onion, celery, and carrots to the same pot. Cook until softened, about 5–7 minutes. Add garlic and cook another 30 seconds.

3. Deglaze & Simmer

Deglaze the pan with wine or a splash of broth, scraping up all the browned bits from the bottom. Add the rest of the broth, bay leaf, and rosemary. Make sure the liquid just covers the meat and vegetables.

Bring to a gentle simmer, cover, and cook on low for about 1 hour, stirring occasionally.

4. Add the Potatoes

Add the potatoes to the pot. Cover and continue simmering another 25–30 minutes, or until both the beef and potatoes are fork-tender.

5. Finish with Peas

Stir in the peas during the last 5–7 minutes of cooking. Adjust salt and pepper as needed. Remove the bay leaf and sprinkle with fresh parsley before serving