

Hamburger Stew with Croutons
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Active: 30 minutes
Total: 50 minutes
Serves:6

Ingredients

Stew

1 1/4 pounds ground chuck
1 1/2 teaspoons dry mustard
1/2 teaspoon dried oregano
1 1/2 teaspoons kosher salt, divided
1 cup chopped yellow onion (from 1 small onion)
4 medium-size garlic cloves, finely chopped (about 1 1/2 Tbsp.)
1 tablespoon tomato paste
2 tablespoons all-purpose flour
4 cups beef broth
1 (14.5-oz.) can diced tomatoes, undrained
2 tablespoons ketchup
12 ounces baby red potatoes, quartered
2 cups frozen mixed vegetables (corn, carrots, and green beans)

Croutons

2 (1 1/2-oz.) hamburger buns, cut into 3/4-in. pieces
1 tablespoon olive oil
1/4 teaspoon kosher salt

1. Preheat oven to 350°F. Heat a large Dutch oven over medium-high. Add ground chuck, mustard, oregano, and 1 teaspoon of the salt; cook, stirring occasionally, until crumbled and browned, about 8 minutes. Using a slotted spoon, transfer beef mixture to a bowl lined with paper towels, reserving 1 tablespoon drippings in Dutch oven.
2. Return Dutch oven to medium heat, and add onion. Cook, stirring often, until softened, about 4 minutes. Add garlic and tomato paste; cook, stirring constantly, until fragrant and warmed through, about 1 minute. Add flour; cook, stirring often, 1 minute. Add broth, tomatoes, and ketchup, scraping bottom of pan to loosen browned bits. Stir in cooked beef. Increase heat to medium-high, and bring to a boil. Add potatoes and remaining 1/2 teaspoon salt; reduce heat to medium. Simmer until potatoes are tender, about 20 minutes. Stir in mixed vegetables, and cook until warmed through, 2 to 3 minutes.
3. Prepare the Croutons: While potatoes cook, toss together bun pieces, olive oil, and salt on a parchment paper-lined baking sheet; spread into a single layer. Bake in preheated oven until golden and crisp, about 10 minutes. Serve with Stew.