



Harvest Beef & Pumpkin Stew

by **Michael Symon**



Nothing says fall like a slow-simmered pot of beef and pumpkin stew filling the house with rich, cozy aromas. Michael Symon's version is hearty, deeply flavored, and finished with a dollop of sour cream—perfect for crisp nights and lazy Sundays.

Prep Time:
25 Minutes

Cook Time
2 – 2.5 Hours

Serves:
6–8 Servings

Level:
Beginner

Ingredients

- 3 lbs beef stew meat, cut into cubes
- 2 Tbsp olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 3 cups beef stock
- 1 cup red wine
- 2 cups cubed fresh pumpkin
- 2 medium carrots, sliced ¼" thick
- 2 large Russet potatoes, diced
- 1 branch of rosemary
- 2 tsp fresh thyme
- Salt and pepper to taste
- Small roasted pumpkins (for serving bowls, optional)

Instructions

Step 1

Brown the beef: Season beef generously with salt and pepper. Heat olive oil in a Dutch oven and brown the meat in batches until deep golden. Remove and set aside.

Step 2

Build flavor: In the same pot, sauté onions and garlic until fragrant. Add potatoes, pumpkin, and carrots

Step 3

Deglaze: Pour in red wine, scraping up the browned bits from the bottom of the pot. Reduce by half.

Step 4

Simmer: Return beef to the pot. Add stock, rosemary, thyme, and adjust seasoning. Cover and simmer 2–2½ hours, until meat is fork-tender.

Serving & Finishing

- Spoon into small roasted pumpkins or bowls.
- Garnish with sour cream and fresh herbs.