

Foster's Body & Paint

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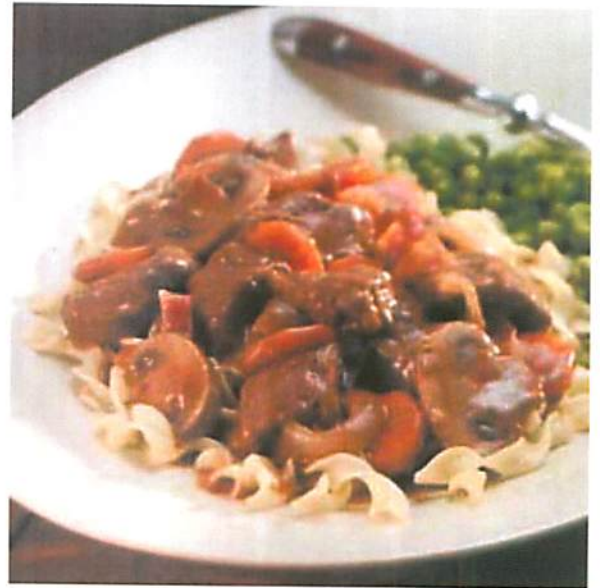
September, 2010

Beef Burgundy

Ingredients:

Makes 8 servings

- 6 bacon strips, diced
- 1 boneless beef chuck roast (3 lbs), cut into 1 ½ in cubes
- 1 can (10 ½ oz) condensed beef broth, undiluted
- 1 small onion, halved and sliced
- 1 medium carrot, sliced
- 2 tblspns butter
- 1 tblspn tomato paste
- 2 garlic cloves, minced
- 3/4 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 bay leaf
- 1/2 lb fresh mushrooms, sliced
- 1/2 cup burgundy wine
- 5 tblspn all purpose flour
- 2/3 cup cold water
- Hot cooked noodles, optional



Tender cubes of beef are treated to a burgundy wine sauce and savory vegetables. It's good over noodles or mashed potatoes.

Preparations:

- 1.) In a skillet, cook bacon over medium heat until crisp. Use a slotted spoon to remove to paper towels. In the drippings, brown the beef; drain. Place beef and bacon in a 5 qt. slow cooker. Add the broth, onion, carrot, butter, tomato paste, garlic, thyme, salt, pepper and bay leaf. Cover and cook on low for 7-8 hours or until meat is tender.
- 2.) Add mushrooms and wine. Combine flour and water until smooth; stir into slow cooker. Cover and cook on high for 30-45 minutes or until thickened. Discard bay leaf. Serve over noodles if desired.

Find this recipe and many more at Fostersbodyandpaint.com