

## Beef

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# Beef Bourguignon II

"Grammy Guru" Arlene Borg  
Hometown News - Sept 9, 2011

**Servings: 4**

**2 pounds stew beef, trimmed of all fat and cut into 1-inch cubes**  
**1/2 cup flour**  
**1/2 cup plain dry bread crumbs**  
**1 package onion soup mix**  
**1 1/4 cups water**  
**3/4 cup burgundy or any dry red wine**  
**1 teaspoon black pepper**  
**1/2 teaspoon salt**  
**1 can (7 oz) mushroom stems and pieces, reserve the liquid**  
**1 package (12 oz) no-yolk egg noodles**

Preheat oven to 300 degrees.

Place the stew beef, flour, bread crumbs, soup mix, water, burgundy, black pepper, salt and mushrooms in a covered casserole. Mix well.

Bake for about 3 hours or until the meat is tender.

Remove from the oven. Add the mushroom liquid until the gravy is of the desired consistency.

Cook the noodles according to package directions. Add a tablespoon of butter substitute or a little canola oil while cooking to prevent the noodles from sticking together.

Serve the beef bourguignon over buttered noodles.

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Per Serving (excluding unknown items): 91 Calories; 1g Fat (8.0% calories from fat); 3g Protein; 18g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 1143mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fat.