

## Beef

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# Beef Bourguignon

Relish Newsmagazine  
Port St Lucie News

**Servings: 8**

**Preparation Time: 20 minutes**

**Start to Finish Time: 2 hours 20 minutes**

**1 1/2 teaspoons olive oil**  
**1 1/2 pounds lean beef stew meat**  
**2 cups onions, vertically sliced**  
**2 cups carrots, sliced**  
**1 cup green or bell pepper, diced**  
**1 can (14 oz) diced tomatoes, undrained**  
**1 package (12 oz) button mushrooms, quartered**  
**1 can (14 oz) reduced-sodium beef broth**  
**1 1/2 cups dry red wine**  
**2 garlic cloves, pressed**  
**2 tablespoons tomato paste**  
**1 bay leaf**  
**1/2 teaspoon dried thyme leaves**  
**1/2 teaspoon kosher salt**  
**1/4 teaspoon coarsley ground black pepper**  
**3 tablespoons all-purpose flour**  
**2 tablespoons butter, softened**  
**fresh flat-leaf parsley (optional)**

Heat oil in a large Dutch oven over medium-high heat. Add beef in batches and cook until brown. Remove to a plate.

Add onion, carrot, mushrooms and bell pepper to pan; cook, stirring occasionally, until onion is lightly browned, about 5 minutes. Return beef and any juices to pan. Add tomatoes and next 8 ingredients (tomatoes thru black pepper). Cover and bring to a simmer. Cook 2 hours or until beef is tender. Discard bay leaf.

Combine flour and butter in a small bowl. Mix with your fingers or a fork until mixture becomes a paste. Ladle about 1/2 cup pan juices into flour mixture. Whisk until very smooth. Add to pan. Stir well.

To serve, ladle into soup plates and sprinkle with parsley if using.

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Per Serving (excluding unknown items): 116 Calories; 4g Fat (39.1% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 222mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.