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# Boeuf Bourguignonne

*Jill Broz*

*St Therese de Lisieux Commemorative Cookbook -2010*

**1 to 2 pound round steak**  
**4 tablespoons butter**  
**1 package onion soup mix**  
**1 can cream of mushroom soup**  
**1 can whole mushrooms, drained (or 1/2 pound fresh mushrooms)**  
**1 bag (16 ounce) baby carrots**  
**1 cup red wine**  
**1 1/4 cups water**  
**cooked egg noodles**

Preheat the oven to 350 degrees.

Cut the steak into 1/2-inch cubes. In a skillet, saute' the steak in melted butter until well browned.

Place the steak in a three-quart casserole. Add the soup mix, canned soup, mushrooms, carrots, wine and water.

Bake in the oven for two hours.

Serve over cooked noodles.

(This dish can also be cooked in a slow cooker.)

## **Beef**

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*Per Serving (excluding unknown items): 1025 Calories; 70g Fat (71.5% calories from fat); 28g Protein; 35g Carbohydrate; 5g Dietary Fiber; 191mg Cholesterol; 5212mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 12 Fat.*