
Beef Burgundy (Slow Cooker)

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 10 hours 10 minutes

1/4 cup all-purpose flour

1/2 teaspoon table salt

1/2 teaspoon black pepper

1 teaspoon (two cloves) minced garlic

2 pounds lean, boneless round steak, cut into 1-1/2-inch pieces

3/4 cup dry red wine

3/4 cup no-salt-added beef broth

1 tablespoon tomato paste

1 tablespoon chopped fresh thyme or one teaspoon dried thyme

8 ounces (about 40 small) baby carrots

1 large onion, cut into eighths

1 bay leaf

1 package (8 ounce) presliced fresh mushrooms

1/2 package (12 ounce) yolk-free medium egg noodles

In a large heavy-duty zip-top plastic bag, combine the flour, salt, black pepper and minced garlic. Add the beef and seal the bag. Shake to coat the beef.

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add the beef and cook for 10 minutes or until browned on all sides, stirring often.

Transfer the beef to a four-quart slow cooker coated with cooking spray. Add the wine, beef broth, tomato paste, thyme, carrots, onion and bay leaf. Toss well.

Cover and cook for six hours on HIGH or eight to ten hours on LOW until the meat is tender and the sauce thickens. Add the mushrooms one hour before cooking is completed. Remove and discard the bay leaf. Stir thoroughly.

Ten minutes before the sauce is done, cook the noodles according to package directions, omitting salt and fat. Drain.

Place 1/2 cup of noodles on each of eight individual serving plates. Spoon the beef mixture over the noodles.

Beef

Per Serving (excluding unknown items): 42 Calories; trace Fat (4.0% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.