

# Beef Burgundy

*Our Favorite Recipes*

*Best of the Best from Minnesota Cookbook*

## **Servings: 6**

*2 pounds chuck or round  
steak  
1 tablespoon Kitchen  
Bouquet  
1/4 cup Cream of Rice  
cereal  
4 medium carrots, washed  
and peeled  
2 cups onions, sliced  
1 clove garlic (optional),  
minced  
2 teaspoons salt  
1/8 teaspoon pepper  
1/8 teaspoon marjoram  
1/8 teaspoon thyme  
1 cup burgundy (OR a dry,  
red wine)  
1 can (6 ounce) mushrooms  
and broth*

Preheat the oven to 350 degrees.

Trim the excess fat from the meat. Cut into 1-1/2-inch cubes.

Place the steak into a two-quart casserole. Toss with Kitchen Bouquet. Stir in the cereal. Cut the carrots in quarters lengthwise and then half crosswise. Add to the meat. Add the onions.

In a bowl, add together the garlic, salt, pepper, marjoram and thyme. Add to the meat. Add the burgundy and mushrooms. Cover tightly.

Bake for about two and one-half hours or until the meat is tender. Stir every 30 minutes. (Add more burgundy and/or beef broth if more liquid is desired.)

Serve with noodles, rice or mashed potatoes.

---

Per Serving (excluding unknown items): 41 Calories; trace Fat (3.5% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 729mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat.