



Beef Bourguignon

ingredients

- 4 bacon strips, chopped
- 1 beef sirloin tip roast (2 lbs.), cut into ½ inch cubes and patted dry
- ¼ cup all-purpose flour
- ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. olive oil
- 2 medium onions, chopped
- 2 medium carrots, coarsely chopped
- ½ lb. medium fresh mushrooms, quartered
- 4 garlic cloves, minced
- 1 Tbsp. tomato paste
- 2 cups dry red wine
- 1 cup beef stock
- 2 bay leaves
- ½ tsp. dried thyme
- 8 oz. uncooked egg noodles
- Fresh parsley, minced

directions

- Preheat oven to 325°. In a Dutch oven, cook bacon over medium-low heat until crisp, stirring occasionally. Remove with a slotted spoon, reserving drippings; drain on paper towels.
- In batches, brown beef in drippings over medium-high heat; remove from pan. Toss with flour, salt and pepper.
- In same pan, heat 1 Tbsp. oil over medium heat; saute onions, carrots and mushrooms 4-5 minutes or until onions are tender.
- Add garlic and tomato paste; cook and stir 1 minute. Add wine and stock, stirring to loosen browned bits from pan. Add herbs, bacon and beef; bring to a boil.
- Transfer to oven; bake, covered, until meat is tender, 2 - 2 ¼ hours. Remove the bay leaves.
- To serve, cook noodles according to package directions; drain. Serve stew with noodles; sprinkle with parsley.