

Burgundy Beef and Vegetable Stew

Yield: 6 servings (1 cup each)

Ingredients:

1½ pounds beef eye round
1 tablespoon vegetable oil
1 teaspoon dried thyme leaves
salt and freshly ground black pepper to taste
1 13.75-ounce can beef broth
½ cup burgundy wine
3 large cloves garlic, minced
1½ cups baby carrots
1 cup frozen whole pearl onions
2 tablespoons cornstarch
2 tablespoons water
1 8-ounce package frozen sugar snap peas

Procedure:

Trim fat from beef and cut into 1-inch pieces. In Dutch oven, heat oil over medium-high heat, add beef (in two batches) and brown evenly. Pour off drippings and return all the beef to Dutch oven. Season with salt, pepper and thyme and add broth, wine and garlic. Bring mixture to a boil, reduce heat to low, cover tightly and simmer 1½ hours. Add carrots and onions and continue cooking for another 35 to 40 minutes, or until beef and vegetables are tender. Bring stew to a boil. Dissolve cornstarch in water and add mixture to stew. Cook and stir for one minute and then add the peas. Reduce heat and continue cooking and stirring for 3 to 4 minutes, until peas are heated through.

A serving of Burgundy Beef and Vegetable Stew also provides about 350 calories and 10 grams of fat per serving more than a full day's recommendation for vitamin A from the carotenoids in the carrots, 54 percent of the daily recommendation for vitamin C, and about one-fourth of the daily recommendation for iron from the beef.

NDSU Agriculture Communication

*P*rairie *T*are



Burgundy Beef and
Vegetable Stew