

Beef Burgundy Stew

3 pounds beef stew meat
2 cups burgundy or other dry red wine
2 tablespoons butter
2 tablespoons olive oil
1 onion, coarsely chopped
2 large carrots, sliced
3 garlic cloves, chopped
2 teaspoons chopped fresh thyme
1 tablespoon all-purpose flour
2 teaspoons table salt
1 teaspoon freshly ground black pepper
1/4 to 1/2 cup beef broth
Cooked wide noodles, optional

Place meat and wine in a medium bowl; chill 1 hour.

Remove meat using a slotted spoon; reserve wine in a small saucepan. Pat meat dry with paper towels.

Cook reserved wine over medium-high heat, stirring occasionally, 15 minutes or until reduced to 1 cup.

Melt butter with oil in a Dutch oven over medium-high heat; add meat, and cook 5 minutes, stirring to brown all sides.

Add onion and next 3 ingredients, and cook, stirring often, 15 minutes or until vegetables and meat are cooked.

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Sprinkle flour over meat mixture, and cook, stirring constantly, 1 minute. Stir in reduced wine, salt, pepper, and 1/4 cup beef broth.

Cover and reduce heat to low; simmer, stirring occasionally, 2 hours, adding up to 1/2 cup beef broth if needed.

Serve over noodles, if desired.