



HIGH FIVE RECIPES

Beef Burgundy Stew

**Serves 4 to 6. Prep time: 15 minutes active;
1 hour 15 minutes total.**

The High Five (Four!)

- 1 ½ pounds beef stew meat, cut in 2-inch cubes
- 1 cup red wine
- 2 cups beef stock
- 2 carrots, chopped or sliced into rounds

Pantry and Kitchen Items

- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon olive oil
- 1 teaspoon dried rosemary
- 1 bay leaf

Preparation

In a large bowl, combine the beef, flour, salt and pepper, and toss to coat. In a large Dutch oven or other heavy pot, heat the olive oil over medium-high heat for about 1 minute, then sprinkle in the beef, leaving some room between the pieces. Don't crowd the pan; you may need to do this in two batches. Brown the beef on each side for about 1 minute, then use a slotted spoon to move to another bowl.

To the pan, add the red wine and stir up any browned bits. Add the stock, carrots, rosemary and bay leaf and bring to a boil. Reduce the heat to low and add the browned beef to the pot.

Cover and cook, stirring occasionally, for about an hour. When the beef is tender, taste to see if it needs salt or pepper. Serve with rice or noodles.

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Ingredient checklist

PRODUCE

- Carrots

BULK

- Flour

GROCERY

- Olive oil
- Red wine
- Beef stock

MEAT/SEAFOOD

- Beef stew meat

SPICES/SEASONINGS

- Salt
- Pepper
- Rosemary
- Bay leaf

Serving suggestion

Spoon over rice or egg noodles, or serve them alongside this stew with a slice of toasted garlic bread.

Nutritional information per serving

280 calories	12 g. carbohydrate
13 g. fat	1 g. fiber
45 mg. cholesterol	17 g. protein
750 mg. sodium	

The nutritional values and information provided are approximations.

