

## Ingredients

- 3/4 cup all purpose flour
- 1 teaspoon salt
- 2 1/2 lbs beef stew meat, trimmed of fat & cut into cubes
- 3 Tablespoons vegetable oil
- 2 cups good red wine
- 2 cloves garlic
- 1/2 teaspoon Herbs d' Provence
- 2 Bay leaves
- 20 pearl onions (or other baby onions)
- 1 Tablespoon butter
- 1 pound button mushrooms, halved



by Gigi Kennedy

## Method

Combine flour & salt in a ziplock bag. Add the cubed meat & shake to coat. Heat 2 Tbsp. oil in a large heavy bottomed pan (I use my dutch oven). In batches, add beef & cook, browning all sides, takes about 10 minutes. (Be careful not to crowd the pot.) Using tongs, transfer the browned meat to your crock pot.

When all of your beef is done, add wine to your pan. Cook, stirring frequently over medium heat, scraping up all the browned bits on the bottom of the pan. The sauce will thicken in about 10 minutes. Stir in salt to taste, garlic, herbs d' Provence & Bay leaves. Cook & stir for just a minute then pour over the meat in the crock pot. Cover & cook on low for 6 hours.

While the stew is cooking, peel & trim your pearl onions. Heat a saute pan over medium heat & add 1 Tbsp oil. Add the onions & sautee, stirring frequently, until lightly browned. About 1 hour before serving, add the browned onions to the stew in the crock pot.

Now, after the onions go in, add the Tbsp of butter to your saute pan. Add the mushrooms & saute for 5 minutes until lightly browned. Then add them into the stew in the crock pot.

When you are ready to serve, be sure to remove the bay leaves so no one gets them on their plate. Dish out & enjoy! I like to serve this stew with roasted potatoes & a nice green salad....oh & some of that good red wine :)

Bon Appetit!!!

Beef Burgundy