

# ***Boeuf Bourguignon***

**It's French for Beef Bourguignon. The more you know.**

- Servings - 4 to 6
- Prep time - 10 minutes
- Cook time - 2 hours

## **Ingredients**

- 1 to 1 1/2 pounds of beef tips, cubed
- 2 large carrots, sliced diagonally
- 1 large onion, sliced
- 3 cloves of garlic, minced
- 2 tablespoons flour
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1 cup red wine
- 14 ounces beef stock

## **Protocol**

1. Season the beef with salt and pepper. Pre heat your oven to 325F.
2. In a Dutch oven over high heat, sear the beef tips in about 3 tablespoons of olive oil. It should take about 2 to 3 minutes a side. Sasha suggests performing this step in 2 batches as to not crowd the pan.
3. Set the beef aside and turn down the heat to medium. Add in the carrots and onions and saute for 6 minutes. Add in the garlic and cook for another minute.
4. Add back the beef to the pot and stir in the flour. Cook for another minute.
5. Add in the tomato paste, thyme, red wine, and beef stock, stir to combine. Cover with the lid and bring to a boil.
6. Transfer to the oven and cook for 2 hours. During this time you can make your mashed potatoes or noodles.
7. Serve and enjoy!