

Beef Daube Provençal

(Cooking Light)

What You Need:

2 teaspoons olive oil	1 tablespoon tomato paste
12 garlic cloves, crushed	1 teaspoon chopped fresh rosemary
1 (2 lb.) boneless chuck roast, trimmed & cut into 2-inch cubes	1 teaspoon chopped fresh thyme
1 ½ teaspoons salt, divided	Dash of ground cloves
½ teaspoon freshly ground black pepper, divided	1 (14.5-ounce can diced tomatoes, undrained)
1 cup red wine	1 bay leaf
2 cups chopped carrot	3 cups hot cooked medium egg noodles (about 4 cups uncooked noodles)
1 ½ cups chopped onion	Chopped fresh thyme (optional)
½ cup less-sodium beef broth	

And How to Make it:

Preheat oven to 300°. Heat olive oil in a small Dutch oven over low heat. Add garlic to pan; cook for 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon; set aside. Increase heat to medium-high. Add beef to pan. Sprinkle beef with ½ teaspoon salt and ¼ teaspoon black pepper. Cook 5 minutes, browning on all sides. Remove beef from pan. Add wine to pan, and bring to a boil, scraping pan to loosen browned bits. Add garlic, beef, remaining 1 teaspoon salt, remaining ¼ teaspoon pepper, carrot, and next 8 ingredients (through bay leaf) to pan; bring to a boil. Cover and bake at 300° for 2 ½ hours or until beef is tender. Discard bay leaf. Serve over noodles. Garnish with chopped fresh thyme if desired.

Note: To prepare in a slow cooker, prepare through step 2. Place beef mixture in an electric slow cooker. Cover and cook on high for 5 hours.

Yield: 6 servings

Wine Pairing: Dry Prosecco or Russian River Pinot Noir