

# Beef Daube Provençal

(Cooking Light)

## What You Need:

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| 2 teaspoons olive oil  | 1 tablespoon tomato paste   |
| 12 garlic cloves, crushed  | 1 teaspoon chopped fresh rosemary                                       |
| 1 (2 lb.) boneless chuck roast, trimmed<br>& 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,<br>divided                 | 1 (14.5-ounce can diced tomatoes,<br>undrained)                         |
| 1 cup red wine   | 1 bay leaf  |
| 2 cups chopped carrot  | 3 cups hot cooked medium egg noodles<br>(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*