

## Burgandy Beef and Vegetable Stew



### Ingredients:

- 1 1/2 pounds beef eye round
- 1 tablespoon vegetable oil
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 can (13 3/4 ounces) ready-to-serve beef broth
- 1/2 cup Burgundy wine
- 3 large cloves garlic, crushed
- 1 1/2 cups baby carrots
- 1 cup frozen whole pearl onions
- 2 tablespoons cornstarch, dissolved in 2 tablespoons water
- 1 package (8 ounces) frozen sugar snap peas

### Cooking instructions:

1. Trim fat from beef, cut into 1-inch pieces. In Dutch oven, heat oil over medium high heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Season with thyme, salt and pepper. Stir in broth, wine and garlic. Bring to boil; reduce heat to low. Cover tightly and simmer 1 1/2 hours.
2. Add carrots and onions. Cover and continue cooking 35 to 40 minutes or until beef and vegetables are tender.
3. Bring beef stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 1 minute. Stir in sugar snap peas. Reduce heat to medium and cook 3 to 4 minutes or until peas are heated through.

### Makes 6 servings (serving size: 1 cup)

Total preparation and cooking time: 2 1/2 hours

### Nutrition information

Nutrition information per serving: 237 calories; 27 g protein; 12 g carbohydrate; 7 g fat (2 g saturated fat); 3.3 mg iron; 479 mg sodium; 59 mg cholesterol.

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