



BEEF DAUBE PROVENCAL

Advanced Lifestyle

Ingredients

2 TSP olive oil
12 garlic cloves, crushed
1 (2-pound) boneless chuck roast, trimmed and cut into 2-inch cubes
1 1/4 TSP salt, divided
1/2 TSP freshly ground black pepper, divided
1 cup red wine
2 cups chopped carrot
1 1/2 cups chopped onion
1/2 cup lower-sodium beef broth
1 TBS tomato paste
1 TSP chopped fresh rosemary
1 TSP chopped fresh thyme
Dash of ground cloves
1 (14.5-ounce) can diced tomatoes
1 bay leaf
3 cups cooked medium egg noodles (about 4 cups uncooked noodles)

Instructions

1. Preheat oven to 300°.
2. Heat a small Dutch oven over low heat. Add oil to pan; swirl to coat. Add garlic; cook 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 with 1/2 TSP salt and 1/4 TSP pepper. Cook 5 minutes, browning on all sides. Remove beef from pan. Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Add reserved garlic, beef, remaining 3/4 TSP salt, remaining 1/4 TSP pepper, carrot, and next 8 ingredients (through bay leaf), and bring to a boil.
3. Cover and bake at 300° for 2 1/2 hours or until beef is tender. Discard bay leaf. Serve over noodles.

Portion-Per-Serving Information (Yields 6 servings):

1 serving size = 3/4 cup stew + 1/2 cup noodles = 1 P, 1 G