

Beef Burgundy

written by The Recipe Exchange | February 11, 2014

Ingredients

2-1/2 lb. lean boneless round steak
Vegetable cooking spray
4 cloves garlic, minced
2 cups burgundy or other dry red wine
1 can (10-3/4 oz.) cream of mushroom soup
1 can (10-1/2 oz.) beef consommé
1 pkg. (1 oz.) onion soup mix
6 cups fresh mushrooms, sliced
1 pkg. (16 oz.) frozen pearl
3 tbsp. all-purpose flour
1/2 cup water
2 pkg. (12 oz. each) medium egg noodles, uncooked
1/4 cup Parmesan cheese, grated
3/4 cup non-fat sour cream

Directions

Trim fat from steak. Cut steak into 1-inch cubes.

Coat a large, oven-proof Dutch oven with cooking spray; place over medium heat until hot. Add steak; cook 9 minutes or until steak loses its pink color. Drain well; set aside.

Wipe drippings from pan with a paper towel.

Recoat pan with cooking spray; place over medium heat. Add garlic. Sauté 1 minute. Add wine and next 3 ingredients; stir well, and bring to a boil. Return steak to pan; stir in mushrooms and onions. Remove from heat; set aside.

Place flour in a small bowl. Gradually add water, blending with a wire whisk; add to steak mixture. Cover and bake at 350°F for 1-1/2 hours.

Cook noodles according to package directions, omitting salt and fat. Drain well, and place in a large bowl. Add cheese and sour cream; toss gently to coat.