



with Reni Tost

This great stew is put together in 10 minutes

To wrap up my New Year's low-fat series, I thought I would include the following recipe.

It's a great weekend dish that takes about 10 minutes to assemble. Then, just pop it in the oven and forget about it.

When it's ready, cook your choice of rice, potatoes or noodles and dinner is served.

Easy Burgundy Stew


- 2 lbs boneless beef round steak
- 2 cups sliced carrots
- 2 stalks sliced celery
- 2 medium sliced onions
- 1-8 oz can sliced water chestnuts, drained
- 1-8 oz can mushroom pieces and stems, drained
- 3 tbsp flour
- 1 tbsp chopped fresh thyme or 1 tsp dried
- 1 tsp dry mustard
- Salt and pepper to taste
- 1 cup water
- 1 cup dry red wine or beef broth
- 1-16 oz can whole plum tomatoes, undrained

Preheat oven to 325 degrees F. Trim any fat from beef and cut into one-inch cubes. Mix beef, carrots, celery, onions, water chestnuts and mushrooms in roasting pan or large casserole dish with lid.

Mix flour, thyme, mustard, salt and pepper and stir into beef mixture. Stir in remaining ingredients, breaking up tomatoes. Cover and bake about four hours or until beef is tender and stew is thickened, stirring occasionally. Serves six to eight. Enjoy!

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5.6 **4.4**

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6.9 **4.8**

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