

Beef Bourguignon

Ingredients

1 lb. sirloin steak, cut into 1 inch pieces	1 tsp crushed dried thyme leaves
¼ cup all purpose flour	2 cups whole baby carrots
1 Tbsp olive oil	1 ¾ cups beef broth
2 Tbsp chopped onions	½ cup dry red wine
1/8 tsp dried parsley flakes	2 cloves garlic, minced
2 cups sliced mushrooms	hot cooked orzo pasta

Directions

- 1. Place the beef in a large bowl. Add the flour and toss to coat.**
- 2. Heat the oil in a 12 inch skillet over medium-high heat. Add the beef and cook until it is well browned, stirring often. Add the onion, garlic, parsley, mushrooms and thyme and cook until the mushrooms are tender. Add the carrots, broth and wine to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 20 minutes or until the beef is cooked through.**
- 3. Serve the beef mixture over the orzo.**