

## SLOW COOKER Beef Carbonnade

(also pictured on page 139)

**Active time** 30 minutes

**Slow-cook time** 8 hours

**Makes** 10 main-dish servings

- 2 Tbsp. olive oil
- 4 lbs. well-trimmed boneless beef chuck, cut into 1½-in. chunks\*
- 3 Tbsp. all-purpose flour  
Salt and pepper
- 1 can (14 to 14.5 oz.) beef broth (1¾ c.)
- 2 lg. onions (12 oz. each), cut in half and thinly sliced
- 1 clove garlic, crushed with side of chef's knife
- 1 bottle (12 oz.) dark beer
- ½ tsp. dried thyme
- 1 bag (16 oz.) med. egg noodles
- ½ c. loosely packed fresh parsley leaves, chopped

1. In 12-inch skillet, heat oil on medium-high until very hot. In large bowl, combine beef chunks, flour, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper; toss to coat beef evenly. Add beef chunks to skillet in 3 batches, and cook 5 to 6 minutes per batch or until well browned on all sides, stirring occasionally and adding more oil if necessary. With slotted spoon, transfer beef to medium bowl once it is browned.

2. After all beef is browned, add broth to skillet and heat to boiling on high, stirring to loosen any browned bits. Boil 1 minute, stirring.

3. Meanwhile, in 6- to 6½-quart slow cooker bowl, stir together sliced onions, garlic, beer, and thyme. Top with browned beef, any juices in bowl, and broth mixture from skillet; do not stir. Cover slow cooker with lid, and cook as manufacturer directs on low setting 8 hours.

4. About 20 minutes before beef mixture is done, prepare egg noodles as label directs.

5. To serve, skim and discard any fat from cooking liquid. Divide noodles evenly among serving bowls; spoon beef mixture and sauce over noodles, and sprinkle with chopped parsley. Makes about 10 cups.

**EACH SERVING** About 505 calories, 48 g protein, 41 g carbohydrate, 15 g total fat (4 g saturated), 3 g fiber, 129 mg cholesterol, 380 mg sodium.

\*If the beef is not well trimmed when you buy it, purchase 5 pounds and cut away the excess fat yourself in order to yield 4 pounds of solid meat.

