

Cooking Light's Beef Daube Provençal

Ingredients

- 2 teaspoons olive oil
- 12 garlic cloves, crushed
- 1 (2-pound) boneless chuck roast, trimmed and cut into 2-inch cubes
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon 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 tablespoon tomato paste
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- Dash of ground cloves
- 1 (14.5-ounce) can diced tomatoes
- 1 bay leaf
- 3 cups cooked medium egg noodles (Or baked/broiled potatoes)

Preparation

1. Add oil to large pan; swirl to coat. Add garlic; cook 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon; set aside in medium bowl.
2. Increase heat to medium-high. Add beef to pan; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook 5 minutes, browning on all sides. Remove beef from pan, place in bowl with garlic.
3. Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Add reserved garlic, beef, remaining 3/4 teaspoon salt, remaining 1/4 teaspoon pepper, carrot, and next 8 ingredients (through bay leaf), and bring to a boil. Put everything in the crockpot.
4. Cover and cook on high for 2 hours then low for 2-3 hours or until beef is tender.
5. Discard bay Leaf. Serve with baked or boiled potatoes (or egg noodles).

Nutritional Information (3/4 cup beef stew + 1/2 cup egg noodles)

Calories: 367

Fat: 12.8g

Saturated fat: 4.3g

Monounsaturated fat: 5.8g

Polyunsaturated fat: 0.9g

Protein: 29.1g

Carbohydrate: 33.4g

Fiber: 3.9g

Cholesterol: 105mg

Iron: 4.3mg

Sodium: 678mg

Calcium: 76mg