

## ***Beef Tips and Egg Noodles*** from *Urban Sacred Garden*



I was reminded of the joys of egg noodles during the years I lived in Portland, OR. My friend Danni is a huge fan and they were a regular item at her dinner table in colder months. I learned the more butter you add to these noodles, the better, but isn't that always true?

The noodles caught my eye in the grocery aisle this week and I immediately knew what I needed to make. The red wine adds a lovely richness to the beef and enhances the naturally delicious flavors. I hope this cozy comfort food is as warming to you as it is to me.

### **INGREDIENTS**

- 1 lb. Stew Beef
- 4 Tbsp Butter, divided
- 1/2 Cup Red Wine (I used a French Burgundy)
- 1 Tbsp Oregano
- 2 Shallots, diced
- 2 Cups Beef Stock (I recommend Kitchen Basics no salt added, then you can salt to taste)
- Fresh Ground Sea Salt
- Fresh Ground Black Pepper
- 2 Tbsp Flour
- 9 oz Extra Wide Egg Noodles (I recommend Manischewitz)

### **DIRECTIONS**

1. In a large non-stick skillet heat 2 Tbsp of Butter over medium low heat. Add Beef pieces to Butter and let cook for about 15 minutes, turning occasionally to brown on all sides.
2. Add Red Wine, Oregano and Shallots and let simmer for about 2-3 minutes. Then add Beef Stock, Salt and Pepper. Let cook covered for 90 minutes (you can reduce to 25-30 minutes to save time if needed) on low heat so beef can tenderize and flavors can meld. Add additional Salt to taste as needed. Stir occasionally to ensure nothing sticks.
3. After 90 minutes cook time prep a small bowl with 2 Tbsp of Flour to prepare a Roux for thickening. Scoop spoonfuls of hot beef broth from the skillet into the bowl and stir vigorously. Continue to add more broth as needed to dilute flour. Continue mixing and adding more broth until almost all flour lumps have disappeared (a few won't hurt). Pour the thickener back into the skillet and stir. Let the mixture and beef cook on low heat for about 20 minutes, uncovered, until thickened. Allow for more cook time to thicken if necessary.
4. While the beef gravy is thickening, in a large pan bring salted water to a boil for the noodles. Add noodles to boiling water and cook for 6-8 minutes until al dente. Drain pasta in a colander. Poor noodles back into the pan and add 2 Tablespoons of remaining butter (you can add more, up to you). Stir until Butter is melted and noodles are coated.
5. Divide noodles into individual serving bowls. Scoop beef tips and gravy over noodles. Serve hot. Enjoy!