

## Daube Provençale (beef stew)

### PREP TIME:

20 minutes

### COOKING TIME:

LOW: 7-8 hours  
OR  
HIGH: 3-4 hours

### SERVES:

4-6

pair with a tall glass of  
orange and club soda  
or a Cabernet



### INGREDIENTS:

2 1/2 lbs beef chuck, cubed  
2 tbsp flour  
1 tsp salt  
3 tbsp light olive oil  
2 slices bacon, cut into 1" cubes  
1 1/2 cups / 1 medium onion, diced  
1/2 cup / 1 large carrot, diced  
1/2 cup / 1 celery rib, diced  
2 tsp / 4 cloves garlic, minced  
2 tbsp tomato paste  
1 Daube Provençale Blend  
2 cups / 16 fl oz red wine (OR beef  
broth) plus 1/2 cup / 4 fl oz water

### PREPARE:

toss the beef in flour and salt to coat

heat the oil in a skillet on medium;  
brown the beef

transfer the beef to the slow cooker with  
the remaining flour

in the same skillet sauté bacon, onion,  
carrot, celery and garlic for 2 minutes;  
add to the slow cooker

stir in tomato paste

sprinkle in the Daube Provençale blend;  
add red wine and water

stir, cover and cook on LOW: 7-8 hours  
or HIGH: 3-4 hours

serve over wide egg noodles with a side  
of buttered haricots verts