

# Beef Burgundy and Mushrooms

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## Ingredients:

1/4 c. water  
2 T. flour  
1 (10 oz) can beef broth  
2 T. dry red wine  
1/2 tsp. Worcestershire sauce  
3/4 tsp. sugar  
Nonstick Cooking Spray  
1 1/2 tsp. olive oil  
1 (16 oz) pkg fresh mushrooms, sliced  
4 cloves garlic, minced  
1 lb. beef sirloin, cut into thin strips  
1 bay leaf  
1/2 c. chopped green onions with tops  
1/4 c. chopped fresh parsley  
Salt and pepper to taste

## Directions:

Combine water and flour in a small bowl and whisk until smooth. Slowly whisk in beef broth and wine, Worcestershire sauce and sugar; set aside.

Spray large skillet with nonstick cooking spray. Add oil and heat slightly then add mushrooms and garlic. Cook for 2 minutes.

Reduce heat to medium-high. Cook 3 to 4 minutes or until tender. Pour into a separate bowl and set aside.

Recoat skillet with nonstick cooking spray. Brown sirloin strips over high heat 2 to 3 minutes. Add green onions, bay leaf, mushrooms, and broth mixture. Bring to a boil. Reduce heat to medium-low; simmer, uncovered, 30 minutes or until meat is tender. Discard bay leaf.

Remove from heat; add parsley. Sprinkle with salt and pepper to taste.

Let stand 5 minutes before serving. Serve over rice.

Serves 4.