

## **Crisco's® Wine-Simmered Beef & Vegetables (for 4-6)**

Recipe Cookbook: Crisco® "We Cook" Cookbook

Prep Time: 10 minutes

Cooking Time: 60-80 minutes

### **INGREDIENTS:**

1-1/2 - 2 lbs beef round steak  
6 TBS all-purpose flour, divided  
1/2 tsp salt  
1/4 tsp pepper  
3 TBS Crisco oil  
1 medium onion, thinly sliced/separated into rings  
1 medium green pepper, cored, seeded/sliced into rings  
2/3 C julienne carrot strips  
1/2 tsp dried basil leaves  
1/2 tsp dried marjoram leaves  
2/3 C white wine  
2/3 C cold water  
1/2 tsp instant beef bouillon granules

### **DIRECTIONS:**

Trim bone & fat from beef. Pound trimmed beef with meat mallet. Cut into serving-size pieces. Set aside. Mix 4 TBS flour, salt & pepper in large plastic food storage bag. Add beef. Shake to coat.

Heat Crisco Oil in large skillet. Add beef & remaining flour mixture - brown over medium-high heat. Layer onion, green pepper & carrots over beef. Sprinkle with basil & marjoram. Add wine. Heat to boiling. Cover. Reduce heat. Simmer about 1 hour, or till beef is tender. Transfer beef & vegetables to serving platter, reserving drippings in skillet.

Place cold water in small bowl - blend in remaining 2 TBS flour. Stir flour mixture into drippings in skillet. Stir in bouillon granules. Cook over medium-high heat, stirring constantly till thickened & bubbly. Serve with meat & vegetables.

Simmered Beef & Vegetables: Follow recipe above, substituting 2/3 C water and 3/4 tsp instant beef bouillon granules for wine.