



## Beef and Noodles

Serves: 4-6

Active Time: 15 minutes

Cook Time: 2-2.5 hours

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### Ingredients

- 1 Tbsp cooking oil
- 1 ½ lbs beef stew meat or chuck roast, cubed
- ¼ cup all-purpose flour
- ¾ cup onion, chopped
- 3 garlic cloves, minced
- 4 ½ cups beef broth
- 1 cup red wine
- 1 ½ tsp dried marjoram
- ¼ tsp black pepper
- 16 oz homestyle egg noodles, frozen or fresh



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### Instructions

- 1. Brown the Meat:**
  - In a bowl, sprinkle flour over the beef cubes, tossing to coat evenly.
  - In a large Dutch oven, heat oil over medium heat.
  - Working in batches, brown the coated beef in the hot oil, then set aside.
- 2. Cook the Aromatics:**
  - In the same pot, add onion and garlic, cooking until softened, adding more oil if needed. Drain any excess fat.
- 3. Build the Stew:**
  - Return the browned beef to the pot. Add the broth, wine, marjoram, and black pepper. Stir and bring to a boil, then reduce heat to a low simmer.
  - Cover and cook for 1 ½ to 2 hours, until the beef is tender.
- 4. Finish with Noodles:**
  - Once the meat is tender, remove it with a slotted spoon and set aside briefly to cool.
  - Stir the noodles into the simmering broth, bringing it back to a boil. Reduce heat to low and cook, uncovered, until noodles are tender, about 20-30 minutes. Add extra broth or water to adjust consistency if needed.
- 5. Shred and Serve:**
  - Shred the beef and return it to the pot. Stir to combine and serve hot.