

BEEF BURGUNDY



1 1/2 lb. round steak - Cut in cubes
Flour, Salt, Pepper
Oil
1 Chopped onion.

Brown meat rolled in flour in oil along with onion
Add 2 Cups water & 1 Bay leaf --Steam for 1 hour.
Add 1 can mushrooms, pinch of parsley, pinch of
garlic and a cup of Burgundy Wine.
Simmer until mushrooms are tender and remove bay leaf.
Serve over hot rice.
Serves 6

Steve Hoyle