

BURGUNDY BEEF with sirloin steak or round steak

- 2 lbs. Grass fed sirloin steak or round steak (trimmed and sliced)
- 1 1/2 C burgundy wine
- 2 cloves garlic (minced)
- 1 onion (chopped)
- 1 can (10 oz) cream of mushroom soup
- 1 t Celtic Sea salt
- 1/2 t freshly ground black pepper
- 1/2 C Flour
- 2-3 T Extra Virgin Olive Oil
- Dust grass fed steak with flour. Brown meat, onions and garlic in olive oil. Remove from pan. Add wine and soup stirring to mix. Season with salt and pepper. Return meat to pan. Cook 2-3 hours at 275 degrees in oven.
- Serve over white, brown, or wild rice.

May cook in crock pot.