

# Beef and carrots

CUISIMAGES

Réf :  
3001

Type :  
Beef

Preparation :  
20 min  
Rest:

Cooking :  
1h30min

Cost :  


Difficulty :  


Origin :  




## For 6 persons

- 1,5 kg of Beef
- 1 kg of carrots
- 1 onion
- 1 clove of garlic
- 1 small bunch of parsley
- 1 can of tomato puree
- 5 tablespoons of olive oil
- thyme, bay leaves, salt, pepper
- white wine



Brown meat 5 min in boiling oil, taking care to turn it over regularly so that meat is well browned on each side.  
Cut onion finely, garlic and parsley  
Slice 1 carrot into discs.



Once that the meat is well browned, add thyme, bay leaves, tomato puree, onion, garlic, parsley, carrot slices, salt, pepper, and a large glass of white wine.  
Cover and simmer 30 min.



During this time, slice the remainder of the carrots.  
Add to the preparation.



Add a little glass of white wine, plus 2 large glasses of water and cover



Let simmer for 1 hour over a low heat.



## Recommandation

This "sauce dish" is better if prepared in advance then heated.  
You can also freeze it.

## Variante Wine

Côte de Bourg