

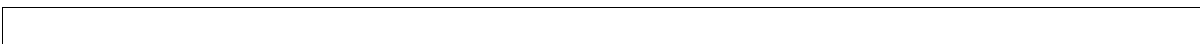
## Fuel for Gold Alberta Beef Daube Provençal

2 Teaspoons	Olive Oil
12 Cloves	Garlic (Crushed)
2 Pounds	Boneless Beef Chuck Roast trimmed and cut into 2-inch cubes
1 1/2 Teaspoons	Salt (Divided)
1 1/2 Teaspoons	Fresh Ground Black Pepper (Divided)
1 Cup	Red Wine
2 Cups	Chopped Carrots
1 1/2 Cups	Chopped Onions
1/2 Cup	Beef Broth
1 Tablespoon	Tomato Paste
1 Teaspoon	Chopped Fresh Rosemary
1 Teaspoon	Chopped Fresh Thyme
1 Dash	Ground Cloves
1 Large	Canned Diced Tomatoes
1	Bay Leaf

Preheat oven to 300 °. Heat oil in a small Dutch oven over low heat. Add garlic; cook 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon, and set aside. Increase heat to medium-high. Add beef to pan; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook 5 minutes, browning on all sides. Remove beef from pan. Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Add garlic, beef, 1 teaspoon salt, 1/4 teaspoon pepper, carrot, and next 8 ingredients (through bay leaf), and bring to a boil. Cover and bake at 300° for 2 1/2 hours or until beef is tender. Discard bay leaf. Serve over noodles. Note: To make in a slow cooker, prepare through Step 2. Place beef mixture in an electric slow cooker. Cover and cook on high for 5 hours

**Servings: 6**

**Yield: About 4.5 to 5 Cups**



### Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

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<b>Amount Per Serving</b>		
Calories		484.36
Calories From Fat (25%)		94.18
Calories From Protein (57%)		219.15
Calories From Carbs (18%)		71.03
Calories From Alcohol (0%)		0.00
		<b>% Daily Value</b>
Total Fat 10.23g		16%
Saturated Fat 2.83g		12%
Monounsaturated Fat 4.40g		
Polyunsaturated Fat 0.74g		
Trans Fatty Acids 0.00g		
Cholesterol 35.90mg		20%
Sodium 300.24mg		12%
Potassium 996.90mg		28%
Carbohydrates 19.22g		6%
Dietary Fiber 3.72g		15%
Sugar 4.00g		
Sugar Alcohols 0.00g		
Net Carbohydrates 15.50g		
Protein 53.77g		108%
Vitamin A 5716.99IU		114%
Vitamin C 14.81mg		25%
Calcium 82.15mg		8%
Iron 9.44mg		52%
Vitamin E 0.67IU		7%
Thiamin 0.30mg		20%
Riboflavin 0.09mg		5%
Niacin 8.76mg		44%
Vitamin B6 1.01mg		50%
Folate 58.91µg		15%
Vitamin B12 3.61µg		60%
Pantothenic Acid 2.87mg		29%
Phosphorus 426.26mg		43%
Magnesium 68.46mg		17%
Zinc 13.55mg		90%
Copper 0.52mg		26%
Manganese 0.48mg		24%
Selenium 64.96µg		93%
Alcohol 0.00g		
Caffeine 0.00mg		
Water 237.28g		

**Recipe Source**

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**Web page:** [WWW.CuisineCulture.ca](http://WWW.CuisineCulture.ca)