

Turkish Style Braised Beef

Recipe by A Kitchen Hoor (@AKitchenHoor)



Ingredients

- 1 pound chuck steak, trimmed and cubed
- 3 cups mushrooms, quartered
- 1/2 cup sun-dried tomatoes, julienned
- 1/8 cup tomato paste
- 4 cups beef broth, low fat
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/2 cup water
- 2 teaspoons cornstarch
- 8 ounces egg noodles
- 4 tablespoons fresh parsley, chopped

Cooking Directions

1. Place the mushrooms in the bottom of a slow cooker liner coated with cooking spray.
2. Arrange beef on top and sprinkle with the sun-dried tomatoes, cinnamon, cloves, paprika, salt and pepper.
3. Combine the beef broth with the tomato paste. Pour over the beef and cook on high 6 to 7 hours or until the beef is tender.
4. Combine water with the cornstarch and stir until combined. Add to the beef mixture and simmer an additional 30 minutes.
5. Cook noodles according to package directions; omitting salt and fat.
6. Divide noodles evenly among 4 plates. Top with 1 1/2 cups of beef mixture and sprinkle with parsley.