

# Beef and Mushroom Casserole

## with Yunan Jig Tea

2 lbs Beef stew meat (cubed)

1 C Mushrooms (sliced)

1 C Carrots (sliced)

1 C Onion (chopped)

2 cloves Garlic (minced)

1/4 C Flour

2 C Beef broth

1 C Red wine

1 † Thyme

1 † Rosemary

Salt and pepper to taste

1/2 C Yunan Jig Tea (brewed and cooled)

**PREHEAT** your oven to 350°F and grease a 9x13-inch baking dish.

**DREDGE** beef stew meat in flour, shaking off excess.

**BROWN** the beef in a large skillet over medium heat, then transfer to the baking dish.

**SAUTÉ** mushrooms, carrots, onion, and garlic in the same skillet until tender.

**ADD** beef broth, red wine, brewed Yunnan Jig tea, thyme, rosemary, salt, and pepper. Bring to a boil.

**POUR** the mixture over the beef in the baking dish.

**COVER** and bake for 1 1/2 to 2 hours, or until the beef is tender.