

## *beef & vegetable ragú*

750g beef tenderloin, cut into 1.5cm strips  
20ml olive oil  
375ml fresh mushrooms, sliced  
1 medium onion, chopped  
2 cloves garlic, minced  
10ml all-purpose flour  
2.5ml salt  
1.5ml black pepper  
420ml beef broth  
60ml red wine  
500ml sugar snap peas  
250ml cherry tomatoes, cut in half

Heat olive oil in a large skillet over medium-high heat. Brown meat 2 to 3 minutes. Remove meat to paper towels. Stir in mushrooms, onion, and garlic; cook until onion is soft.

Sprinkle in flour, and stir well to mix. Season with salt and pepper. Stir in broth and wine; cook, stirring occasionally, until sauce is thickened. Stir in peas; cook 2 to 3 minutes more. Return meat to skillet. Stir in tomatoes, and heat through.

**PAIR WITH** *Chrismont LA ZONA Sangiovese 2004*

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