



## Flank Steak Ragu with Pappardelle

Serves about 8

Try this decadent flank steak ragu for dinner! This dish delivers on flavor - the hearty, tender bites of beef are bathed in a rich, red sauce which pairs perfectly with silky pappardelle noodles. Try it -- you'll love it!

### **Ingredients:**

2-1/2 to 3 lb flank steak	1 cup red wine
1/2 teaspoon Kosher Salt	2 (28 oz) cans crushed tomato
1/2 teaspoon black pepper	1 (6oz) can tomato paste
1/2 teaspoon dried thyme	1 cup beef broth
2 tablespoons canola oil	2 sprigs fresh rosemary
1 large shallot, diced (about 1/2 cup)	2 bay leaves
6 cloves garlic	2 lbs pappardelle pasta
3 carrots, sliced into half moons	fresh parsley, for garnish
2 tablespoons flour	shaved parmesan, for garnish

### **Directions:**

1. Preheat the oven to 325 degrees F.
2. Season the flank steak on both sides generously with kosher salt, pepper, and thyme. In a large Dutch oven, on high heat, sear the flank steak on both sides in the canola oil until browned (about 3-5 minutes per side). Remove from the heat, and then slice (against the grain) into four-six large cuts about 2" wide.
3. Add olive oil to the Dutch oven, and sauté the shallot until it softens, add the garlic and carrot, and sauté for another minute.
4. Sprinkle the vegetables with flour and stir until coated.
5. Deglaze pan with red wine and bring to a simmer.
6. Add the crushed tomato, tomato paste, beef broth, rosemary, bay leaves, and seared steak pieces back to the pot.
7. Cover and braise for 2.5-3 hours in the oven until the steak is tender. Use two forks to shred the meat. Return the shredded meat to the sauce.
8. Meanwhile, prepare the pappardelle according to the package instructions.
9. Serve the ragu on a bed of noodles with a garnish of parmesan cheese and parsley.

**Slow Cooker Method:** Follow steps 1-6 then cook in a slow cooker for 4-6 hours on high or 8-10 on low. Shred the meat and add to the sauce.

**Electric Pressure Cooker Method:** Follow steps 1-6 then cook for 1 hour on high pressure, carefully release the pressure. Shred the meat, and add to the sauce. Switch to the sauté mode and stir until the desired sauce consistency is reached.