Idiot's Kitchen Shopping List – Beef Stew with Brandy & Dijon

Recipe from www.idiotskitchen.com - Adapted from The Essential New York Times Cookbook

1 large onion
3 shallots
4-5 carrots
½ pound white button mushrooms

¼ pound bacon – about 4-5 slices
2½ pounds beef roast (chuck or top round

4-6 Tablespoons butter
2 Tablespoons flour (Gluten Free is fine)

½ cup brandy or cognac
¼ cup good, dry red wine
2 cups beef broth

½ cup Dijon mustard
4 Tablespoons whole grain mustard, divided

Salt & Pepper

Mashed potatoes, rice, or egg noodles suggested for serving (not pictured)