

Beef Bourguignon

 Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 3-inch strips
- ☐ 4 pounds beef chuck cut into 2-inch cubes
- ☐ 2 bouquet garnic fresh with kitchen twine or tied in cheesecloth)
- ☐ 1 cup cognac
- ☐ 1 bottle cooking wine dry red such as burgundy
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 3 garlic cloves chopped

- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 5 cups beef broth low-sodium
- ☐ 10 servings olive oil extra-virgin
- ☐ 3 cups blanched and pearl onions peeled
- ☐ 1 pinch sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1 pound mushrooms white trimmed

Equipment

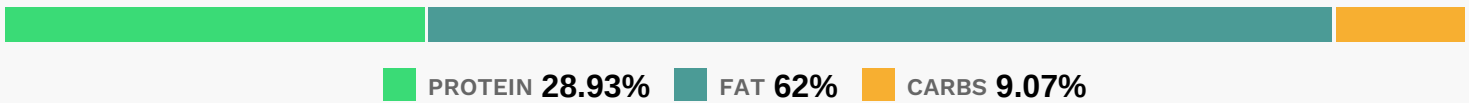
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Put a large Dutch oven over medium heat and drizzle in a 1/2-count of oil.
- ☐ Add the bacon and cook until crisp.
- ☐ Remove it to a paper towel; crumble when cool and set aside to use for the garnish. Season the beef with a generous amount of salt and pepper.
- ☐ Add the beef to the pot in batches. Fry the cubes in the bacon fat until evenly browned on all sides, about 8 to 10 minutes.
- ☐ Remove from the pot to a plate.
- ☐ Add the tomato paste and flour to the pot and stir to combine. Turn off the heat, pour in the Cognac and stir to scrape up the flavorful bits in the bottom of the pan. Turn the heat back on and light the Cognac, with a long kitchen match. Be careful and stand back as the alcohol flame dies down.

- ☐ Whisk in the red wine and beef broth; add the beef back into the pot along with the bouquet garni. Stir everything together and bring the mixture to a simmer. Cook until the liquid starts to thicken and has the consistency of a sauce; this should take about 15 minutes. Cover the pot, reduce the heat to low, and simmer for 1 hour.
- ☐ In a small skillet, over medium-low, heat a little olive oil.
- ☐ Add the garlic and mushrooms and cook until the mushrooms start to brown, about 4 to 5 minutes.
- ☐ Add the pearl onions and cook until onions are heated through.
- ☐ Uncover the pot and add the mushroom mixture along with the pinch of sugar to balance out the acid from the red wine. Season with salt and pepper, to taste. Turn the heat up slightly and simmer for 45 minutes longer, until the vegetables and meat are tender.
- ☐ Remove the bouquet garni.
- ☐ Transfer to a serving bowl and shower with chopped parsley and the reserved crumbled bacon before serving.

Nutrition Facts



Properties

Glycemic Index:35.81, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:25.984347773635%

Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg

Nutrients (% of daily need)

Calories: 662.38kcal (33.12%), Fat: 38.6g (59.38%), Saturated Fat: 12.32g (76.97%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.84g (3.94%), Sugar: 4.22g (4.69%), Cholesterol: 131mg (43.67%), Sodium: 443.81mg (19.3%),

Alcohol: 15.89g (100%), Alcohol %: 3.7% (100%), Protein: 40.53g (81.06%), Zinc: 14.15mg (94.36%), Vitamin B12: 5.02µg (83.59%), Selenium: 44.7µg (63.86%), Vitamin B3: 10.11mg (50.57%), Vitamin B6: 0.87mg (43.38%), Phosphorus: 421.62mg (42.16%), Potassium: 1133.74mg (32.39%), Vitamin B2: 0.49mg (28.7%), Iron: 4.47mg (24.84%), Vitamin B5: 1.95mg (19.5%), Vitamin E: 2.49mg (16.6%), Vitamin B1: 0.24mg (15.7%), Copper: 0.31mg (15.26%), Vitamin K: 13.44µg (12.8%), Magnesium: 48.5mg (12.13%), Manganese: 0.19mg (9.32%), Vitamin C: 7.01mg (8.5%), Folate: 31.36µg (7.84%), Fiber: 1.86g (7.45%), Calcium: 52.87mg (5.29%), Vitamin D: 0.31µg (2.05%), Vitamin A: 67.56IU (1.35%)