

DINNER

Beef Bourguignon

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	30 min	75 min	6	\$6.49	859 kcal



The recipe Beef Bourguignon can be made in roughly 1 hour and 45 minutes. This recipe serves 6 and costs \$6.49 per serving. One portion of this dish contains about 50g of protein, 48g of fat, and a total of 876 calories. This recipe from Foodnetwork has 322 fans. It works well as a pricey main cours...

Ingredients

- ☐ 2½ pounds chuck beef cut into 1-inch cubes
- ☐ 2 cups can beef broth
canned
- ☐ ½ cup Cognac
- ☐ ½ cup chopped fresh parsley, optional
- ☐ 2 cloves teaspoons chopped garlic
- ☐ 6 servings Freshly ground black pepper
- ☐ 1 pound carrots, sliced diagonally into 1-inch chunks
- ☐ 3 tablespoons all-purpose flour
- ☐ ½ teaspoon teaspoon fresh thyme leaves dried)
- ☐ 6 servings Kosher salt

☐ 1 pound fresh mushrooms stems discarded, caps thickly sliced

☐ 1 pound frozen whole onions

☐ 6 servings Country bread or Sour Dough, toasted or grilled and rubbed with garlic clove

☐ 1 tablespoon tomato paste

☐ 2 yellow onions, sliced

☐ 1 tablespoon good olive oil

☐ 750 ml good dry red wine such as Cote du Rhone or Pinot Noir

☐ 8 ounces dry cured center cut applewood smoked bacon, diced

☐ 4 tablespoons unsalted butter at room temperature, divided

EQUIPMENT Frying pan, Paper towels, Oven, Pot, Stove, Slotted spoon, Dutch oven, Toaster

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 250 degrees F.
- 3 Heat the olive oil in a large Dutch oven.
- 4 Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is lightly browned.
- 5 Remove the bacon with a slotted spoon to a large plate.
- 6 Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot oil for 3 to 5 minutes, turning to brown on all sides.
- 7 Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.
- 8 Toss the carrots, and onions, 1 tablespoon of salt and 2 teaspoons of pepper in the fat in the pan and cook for 10 to 15 minutes, stirring occasionally, until the onions are lightly browned.
- 9 Add the garlic and cook for 1 more minute.
- 10 Add the Cognac, stand back, and ignite with a match to burn off the alcohol.
- 11 Put the meat and bacon back into the pot with the juices.
- 12 Add the bottle of wine plus enough beef broth to almost cover the meat.

- 13 Add the tomato paste and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork.
- 14 Combine 2 tablespoons of butter and the flour with a fork and stir into the stew.
- 15 Add the frozen onions.
- 16 Saute the mushrooms in 2 tablespoons of butter for 10 minutes until lightly browned and then add to the stew. Bring the stew to a boil on top of the stove, then lower the heat and simmer for 15 minutes. Season to taste.
- 17 To serve, toast the bread in the toaster or oven. Rub each slice on 1 side with a cut clove of garlic. For each serving, spoon the stew over a slice of bread and sprinkle with parsley.

Nutrition per serving

859

KCAL

47 g

PROTEIN

47 g

FAT

29 g

CARBS

Saturated Fat	19.9 g · 124% of daily needs
Fibre	5.3 g · 21% of daily needs
Sugar	10.3 g · 11% of daily needs
Sodium	981 mg · 43% of daily needs
Cholesterol	175 mg · 58% of daily needs
Vitamin C	23.1 mg · 28% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/beef-bourguignon-142088