



Beef Bourguignon with Kale

READY IN



240 min.

SERVINGS



8

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves whole
- ☐ 3 cup beef broth
- ☐ 1 pound carrots sliced
- ☐ 750 ml cooking wine dry red good
- ☐ 3 tablespoon flour all-purpose
- ☐ 2 teaspoon thyme leaves fresh
- ☐ 8 servings ground pepper fresh black
- ☐ 1 bunch kale thick
- ☐ 8 servings kosher salt

- ☐ 1.5 pound mushrooms
- ☐ 1 tablespoon olive oil
- ☐ 8 servings parsley italian
- ☐ 1.5 pound pearl onions peeled
- ☐ 3 pound round tip beef cut into 1-inch cubes
- ☐ 8 servings rustic bread
- ☐ 8 ounce cured center cut applewood bacon smoked diced dry
- ☐ 2 tablespoon tomato paste
- ☐ 4 tablespoon butter unsalted divided at room temperature
- ☐ 12 clove garlic cloves whole peeled
- ☐ 2 onions yellow sliced

Equipment

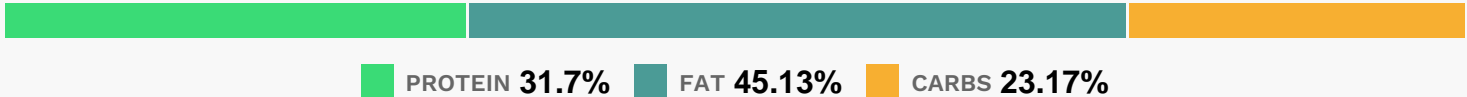
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in a large Dutch oven.
- ☐ Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is lightly browned.
- ☐ Remove the bacon with a slotted spoon to a large plate.
- ☐ 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.

- ☐ Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.
- ☐ 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.
- ☐ Add the garlic and cook for 1 more minute.
- ☐ Put the meat and bacon back into the pot with the juices.
- ☐ Add the bottle of wine plus enough beef broth to almost cover the meat.
- ☐ Add the tomato paste, bay leaves and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 1 hour or until the meat and vegetables are very tender when pierced with a fork.
- ☐ Combine 2 tablespoons of butter and the flour with a fork and stir into the stew.
- ☐ Add the frozen onions.
- ☐ Sauté 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.
- ☐ Sprinkle with parsley and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:52.98, Glycemic Load:7.07, Inflammation Score:-10, Nutrition Score:44.767391194468%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 9.49mg, Isorhamnetin: 9.49mg, Isorhamnetin: 9.49mg, Isorhamnetin: 9.49mg Kaempferol: 8.55mg, Kaempferol: 8.55mg, Kaempferol: 8.55mg, Kaempferol: 8.55mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 27.28mg, Quercetin: 27.28mg, Quercetin: 27.28mg, Quercetin: 27.28mg

Nutrients (% of daily need)

Calories: 715.3kcal (35.76%), Fat: 32.56g (50.1%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 31.31g (11.39%), Sugar: 16.03g (17.81%), Cholesterol: 137.52mg (45.84%), Sodium: 991.35mg (43.1%), Alcohol: 9.99g (100%), Alcohol %: 1.81% (100%), Protein: 51.47g (102.94%), Vitamin A: 11707.4IU (234.15%), Vitamin K: 141.2µg (134.48%), Selenium: 71.15µg (101.64%), Vitamin B3: 18.78mg (93.9%), Vitamin B6: 1.64mg (81.85%), Zinc: 9.14mg (60.93%), Phosphorus: 593.46mg (59.35%), Vitamin B2: 0.81mg (47.37%), Vitamin C: 37.05mg (44.91%), Potassium: 1545.38mg (44.15%), Vitamin B12: 2.55µg (42.45%), Iron: 5.83mg (32.37%), Vitamin B1: 0.48mg (32.25%), Vitamin B5: 2.98mg (29.83%), Copper: 0.59mg (29.3%), Manganese: 0.55mg (27.32%), Folate: 107.24µg (26.81%), Fiber: 6.29g (25.14%), Magnesium: 88.77mg (22.19%), Calcium: 152.68mg (15.27%), Vitamin E: 1.75mg (11.67%), Vitamin D: 0.39µg (2.59%)