



Beef Bourguignonne with Egg Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bacon divided chopped
- ☐ 2 bay leaves
- ☐ 2.3 pounds beef stew meat
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 cup carrots sliced
- ☐ 7 cups extra wide egg noodles hot cooked uncooked (6 cups noodles)
- ☐ 1.5 cups cooking wine dry red
- ☐ 0.3 cup flour all-purpose

- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 14 ounce less-sodium beef broth canned
- ☐ 1.5 pounds mushrooms halved
- ☐ 1 cup onion chopped
- ☐ 16 ounce pearl onions frozen
- ☐ 2 teaspoons salt divided
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ dutch oven

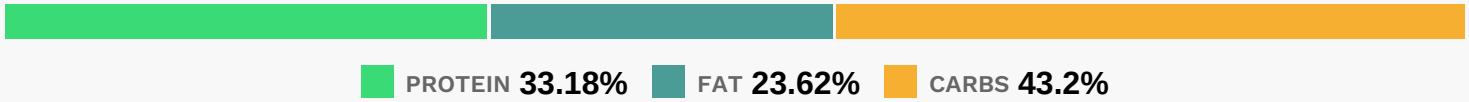
Directions

- ☐ Combine flour, 1 teaspoon salt, and 1/4 teaspoon pepper in a large zip-top plastic bag.
- ☐ Add beef; seal and shake to coat.
- ☐ Cook half of bacon in a large Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan with a slotted spoon; set aside.
- ☐ Add half of beef mixture to drippings in pan; cook 5 minutes, browning on all sides.
- ☐ Remove beef from pan; cover and keep warm. Repeat procedure with remaining bacon and beef mixture.
- ☐ Remove beef from pan; cover and keep warm.
- ☐ Add chopped onion, sliced carrot, and minced garlic to pan; saut 5 minutes. Stir in red wine and broth, scraping pan to loosen browned bits.
- ☐ Add bacon, beef, remaining 1 teaspoon salt, remaining 1/2 teaspoon pepper, mushrooms, tomato paste, chopped thyme, bay leaves, and pearl onions; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Uncover and cook 1 hour or until beef is tender. Discard bay

leaves.

☐ Serve beef mixture over noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:49.09, Glycemic Load:20.28, Inflammation Score:-10, Nutrition Score:29.500000238419%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg

Nutrients (% of daily need)

Calories: 469.93kcal (23.5%), Fat: 11.56g (17.79%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 43.34g (15.76%), Sugar: 6.03g (6.7%), Cholesterol: 111.24mg (37.08%), Sodium: 761.45mg (33.11%), Alcohol: 4.2g (100%), Alcohol %: 1.06% (100%), Protein: 36.55g (73.11%), Selenium: 71.97µg (102.82%), Vitamin B3: 11.82mg (59.11%), Vitamin A: 2596.24IU (51.92%), Vitamin B6: 1.03mg (51.36%), Phosphorus: 450.23mg (45.02%), Zinc: 6.25mg (41.68%), Vitamin B12: 2.28µg (37.95%), Vitamin B2: 0.58mg (33.91%), Manganese: 0.65mg (32.56%), Potassium: 981.03mg (28.03%), Copper: 0.54mg (27.02%), Vitamin K: 26.09µg (24.85%), Iron: 4.21mg (23.39%), Vitamin B5: 2.16mg (21.6%), Vitamin B1: 0.31mg (20.51%), Magnesium: 74.11mg (18.53%), Fiber: 4.26g (17.04%), Folate: 63.19µg (15.8%), Vitamin C: 11.16mg (13.53%), Calcium: 68.76mg (6.88%), Vitamin E: 0.87mg (5.78%), Vitamin D: 0.31µg (2.03%)