



Beef Burgundy II

READY IN



150 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 cups beef broth
- ☐ 2 pounds beef stew meat cut into 1 1/2 inch pieces
- ☐ 0.3 cup brandy
- ☐ 7 tablespoons butter
- ☐ 4 carrots cut into 2 inch pieces
- ☐ 4 stalks celery cut into 2 inch pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh

- ☐ 6 sprigs thyme leaves fresh
- ☐ 4 cloves garlic minced
- ☐ 1 pinch ground nutmeg
- ☐ 1 large onion cut into 12 wedges
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 pounds potatoes red peeled quartered
- ☐ 6 servings salt and pepper
- ☐ 2 cups burgundy wine

Equipment

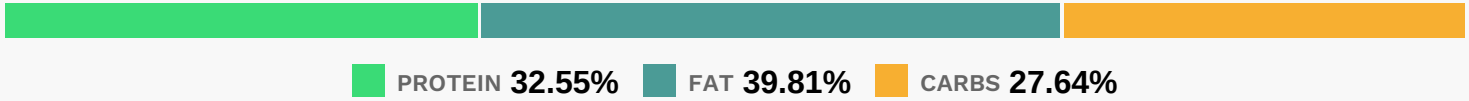
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Place flour in large bowl, and season with salt and pepper. Dredge beef in flour to coat.
- ☐ Melt 2 tablespoons butter in a heavy Dutch oven over high heat. Working in batches, saute beef until brown on all sides, about 5 minutes per batch.
- ☐ Return all meat to pot, and add brandy; boil until almost evaporated, about 2 minutes.
- ☐ Add wine, broth, thyme, garlic, bay leaves and oregano. Cover, and simmer until beef is almost tender, about 1 hour.
- ☐ Meanwhile, melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Saute onions until brown. Using slotted spoon, transfer onion to large bowl. Melt 1 tablespoon butter in same skillet, add carrots and celery, and saute until golden.
- ☐ Transfer to bowl with onions. Melt 2 tablespoons butter in same skillet, add potatoes, and saute until brown on all sides.
- ☐ Transfer to bowl with other vegetables. Melt 1 tablespoon butter in same skillet, add mushrooms, and saute until brown on all sides, about 5 minutes.

- ☐
- Transfer to bowl.
- ☐
- Transfer vegetables to pot with beef, and stir in nutmeg. Cover pot and simmer 45 minutes. Uncover pot, and boil liquid until thickened to sauce consistency, about 7 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:73.81, Glycemic Load:5.67, Inflammation Score:-10, Nutrition Score:33.936521944792%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 566.41kcal (28.32%), Fat: 21.53g (33.12%), Saturated Fat: 11.21g (70.04%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 28.88g (10.5%), Sugar: 6.29g (6.98%), Cholesterol: 128.86mg (42.95%), Sodium: 758.49mg (32.98%), Alcohol: 11.66g (100%), Alcohol %: 2.5% (100%), Protein: 39.6g (79.2%), Vitamin A: 7383.9IU (147.68%), Vitamin B3: 14.51mg (72.57%), Vitamin B6: 1.41mg (70.52%), Selenium: 49.18µg (70.26%), Phosphorus: 495.76mg (49.58%), Zinc: 7.25mg (48.31%), Vitamin B12: 2.9µg (48.27%), Potassium: 1536.9mg (43.91%), Vitamin B2: 0.55mg (32.33%), Iron: 5.34mg (29.66%), Manganese: 0.53mg (26.48%), Copper: 0.49mg (24.38%), Vitamin B1: 0.36mg (24.02%), Magnesium: 89.74mg (22.44%), Vitamin C: 17.88mg (21.67%), Folate: 82.11µg (20.53%), Vitamin K: 20.61µg (19.63%), Fiber: 4.74g (18.95%), Vitamin B5: 1.85mg (18.53%), Calcium: 98.11mg (9.81%), Vitamin E: 1.23mg (8.19%)