



## Beef -The Bomb- Bourguignon

READY IN



80 min.

SERVINGS



4

CALORIES



1105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound bacon diced
- 3 cups beef stock
- 0.8 cup carrots diced
- 0.3 cup flour all-purpose
- 1 cup fried onions store-bought
- 2 tablespoons garlic minced
- 3 tablespoons olive oil
- 2 teaspoons freshly oregano leaves chopped
- 3 tablespoons parmesan grated

- 0.5 cup freshly parsley leaves italian chopped
- 0.8 cup parsnips diced peeled
- 1 cup pearl onions frozen
- 2 teaspoons freshly cracked pepper black plus more for seasoning
- 1.5 cups red wine
- 2 pounds rib-eye steak cut into 3/4-inch cubes
- 2 teaspoons salt divided
- 2 teaspoons freshly thyme leaves chopped
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Watch how to make this recipe.
- In a nonmetallic bowl, combine 3/4 cup red wine, 1 teaspoon salt, 2 teaspoons pepper and 2 tablespoons Worcestershire sauce.
- Add the rib-eye steak and let marinate for 30 minutes to 1 hour.
- Cook the bacon in a large saute pan, over medium low heat to slowly render the fat. When crisp, remove to a paper towel lined plate, reserving the fat in the pan.
- Remove the beef from the marinade, pat dry and add to the pan with the bacon fat. Cook over medium-high heat, browning the meat on all sides.
- Remove the meat from the pan, to a plate.
- Add extra oil, if necessary, to amount to 2 to 3 tablespoons of total fat in the pan.
- Add the carrots, parsnips, and the frozen onions. Cook until the onions are light brown, approximately 10 minutes.
- Add the flour to the vegetable mixture to make a roux. When the roux begins to brown, add the garlic and cook for 2 minutes. Deglaze with the remaining red wine and stir in the beef

broth. Reduce over medium heat for 10 minutes.

- Add the browned beef, cooked bacon, thyme, parsley and oregano. Adjust seasonings, to taste, with remaining 1 teaspoon of salt and fresh cracked pepper.
- Transfer to a serving dish, garnish with Parmesan and fried onions and serve immediately.

## Nutrition Facts

**PROTEIN 23.23%** **FAT 63.52%** **CARBS 13.25%**

### Properties

Glycemic Index:96.71, Glycemic Load:9.01, Inflammation Score:-10, Nutrition Score:45.08391278723%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

### Nutrients (% of daily need)

Calories: 1105.11kcal (55.26%), Fat: 73.45g (113%), Saturated Fat: 26.95g (168.43%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 30.2g (10.98%), Sugar: 7.42g (8.25%), Cholesterol: 178.32mg (59.44%), Sodium: 2330.42mg (101.32%), Alcohol: 9.54g (100%), Alcohol %: 1.67% (100%), Protein: 60.44g (120.89%), Vitamin K: 150.37µg (143.21%), Selenium: 74.05µg (105.79%), Vitamin A: 4805.57IU (96.11%), Zinc: 13.4mg (89.34%), Vitamin B3: 16.37mg (81.84%), Vitamin B6: 1.41mg (70.63%), Vitamin B12: 4.09µg (68.22%), Phosphorus: 582.14mg (58.21%), Vitamin B2: 0.91mg (53.39%), Potassium: 1593.77mg (45.54%), Iron: 7.46mg (41.45%), Vitamin B1: 0.57mg (38.13%), Manganese: 0.71mg (35.29%), Vitamin C: 23.98mg (29.07%), Magnesium: 109.12mg (27.28%), Copper: 0.44mg (22.15%), Folate: 73.56µg (18.39%), Vitamin E: 2.59mg (17.25%), Fiber: 4.26g (17.04%), Calcium: 168.34mg (16.83%), Vitamin B5: 0.76mg (7.62%), Vitamin D: 0.47µg (3.15%)