

Boeuf Bourguignon



Gluten Free



Dairy Free

READY IN



252 min.

SERVINGS



8

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 4 pounds beef chuck boneless cut into 2
- ☐ 8 oz button mushrooms halved
- ☐ 2.5 cups wine dry red
- ☐ 5 carrots peeled cut into 2
- ☐ 3 tablespoons cornstarch
- ☐ 1 leaf flat parsley fresh minced
- ☐ 2 tablespoons rosemary leaves fresh

- ☐ 3 tablespoons garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 lb pearl onions frozen thawed drained
- ☐ 1.5 teaspoons salt divided
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounces thick-cut bacon cut into 1/2
- ☐ 0.3 cup water

Equipment

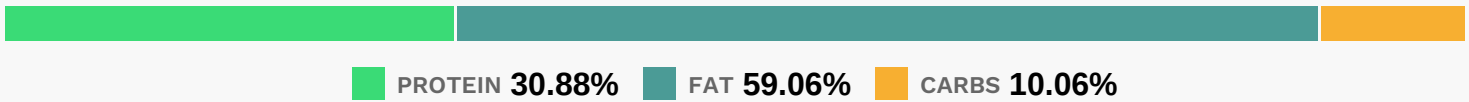
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a large zip-top freezer bag.
- ☐ Add beef, and seal bag; refrigerate overnight.
- ☐ Drain meat and aromatics, reserving liquid. Pat meat dry with paper towels.
- ☐ Cook bacon in a large Dutch oven over medium heat 8 minutes or until crisp.
- ☐ Drain bacon on paper towels, and set aside; reserve drippings in pan.
- ☐ Add meat to Dutch oven in 3 batches, and cook without crowding meat 10 to 15 minutes per batch or until well browned; set aside.
- ☐ Pour off any remaining bacon drippings; return browned meat and reserved marinade to Dutch oven, and add 2 cups broth. Bring mixture to a boil; reduce heat, and simmer, partially covered, 2 hours and 45 minutes or until meat is tender.
- ☐ Meanwhile, heat 2 Tbsp. oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add mushrooms and 1/4 tsp. salt; cook 12 to 15 minutes or until browned, stirring after 10 minutes. Set mushrooms aside.
- ☐ Heat remaining 2 Tbsp. oil in same skillet; add onions, carrots, and 1/4 tsp. salt, and cook 10 minutes or until golden brown, stirring often.

- ☐
- Add mushrooms, onions, and carrots to meat in Dutch oven. Stir in 1 tsp. salt. Continue simmering stew 15 minutes or until vegetables are tender.
- ☐
- Combine cornstarch and water; stir into stew, and cook 3 to 5 minutes or until thickened.
- ☐
- Add salt and pepper to taste.
- ☐
- Sprinkle with bacon and parsley before serving.
- ☐
- Note: You can prepare the beef stew, cool it completely, and keep it refrigerated up to 3 days.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:34.312174133632%

Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 684.16kcal (34.21%), Fat: 41.65g (64.07%), Saturated Fat: 15.33g (95.79%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 13.48g (4.9%), Sugar: 4.8g (5.34%), Cholesterol: 170.52mg (56.84%), Sodium: 1208.95mg (52.56%), Alcohol: 7.88g (100%), Alcohol %: 1.89% (100%), Protein: 48.99g (97.98%), Vitamin A: 6433.07IU (128.66%), Zinc: 17.69mg (117.91%), Vitamin B12: 6.35µg (105.85%), Selenium: 54.88µg (78.41%), Vitamin B3: 12.62mg (63.1%), Vitamin B6: 1.12mg (56.02%), Phosphorus: 526.61mg (52.66%), Potassium: 1138.74mg (32.54%), Vitamin B2: 0.51mg (30.25%), Iron: 5.43mg (30.17%), Vitamin B5: 2.14mg (21.43%), Vitamin B1: 0.29mg (19.34%), Magnesium: 61.09mg (15.27%), Copper: 0.29mg (14.53%), Vitamin K: 14.83µg (14.12%), Vitamin E: 1.76mg (11.76%), Manganese: 0.23mg (11.52%), Vitamin C: 8.25mg (10%), Fiber: 2.48g (9.92%), Folate: 31.66µg (7.92%), Calcium: 77.62mg (7.76%), Vitamin D: 0.37µg (2.46%)