



# Boeuf Bourguignon

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons flour
- 3 bunches baby carrots trimmed peeled
- 4 slices bacon thick cut into 1-inch-wide strips
- 2 bay leaves
- 3 cups beef broth canned ( )
- 1 large carrots chopped
- 2 tablespoons wine dry red
- 1 medium onion chopped

- 12 ounces pearl onions
- 3.5 pounds prime rib roast boneless trimmed cut into 1 1/2-inch pieces
- 3 large rosemary leaves fresh
- 3 large sage fresh
- 12 ounces mushroom caps stemmed quartered
- 3 large thyme sprigs fresh
- 3 tablespoons tomato paste
- 1 head garlic clove whole

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- pot
- sieve
- aluminum foil
- slotted spoon

## Directions

- Preheat oven to 350°F.
- Place garlic on large piece of foil.
- Pour 2 tablespoons wine over garlic. Wrap foil around garlic to enclose. Roast garlic until soft, about 40 minutes. Cool. Press garlic between fingertips to release from skins; set aside.
- Cook bacon in large pot over medium heat until brown, about 10 minutes.
- Transfer to paper towels.
- Pour drippings into small bowl. Return 2 tablespoons to same pot; reserve remainder. Increase heat to high. Working in batches, add beef to pot and brown, about 7 minutes per batch.

Using slotted spoon, transfer meat to large bowl.

- Reduce heat to medium-low.
- Add chopped onion and chopped carrot to pot; sauté 5 minutes.
- Mix in flour. Return beef and accumulated juices to pot. Stir in tomato paste.
- Add herb sprigs, bay leaves, roasted garlic and 2 cups wine; simmer 15 minutes.
- Add 3 cups broth. Cover; simmer 1 1/2 hours, stirring occasionally. Uncover; simmer until meat is tender, stirring occasionally, about 1 1/2 hours longer. Discard herb sprigs and bay leaves.
- Cook pearl onions in large saucepan of boiling salted water for 2 minutes. Using 4- to 5-inch-diameter strainer, transfer onions to medium bowl; cool slightly, then peel. Return water to boil.
- Add carrots and cook until tender, about 4 minutes.
- Drain.
- Transfer to bowl of ice water to cool.
- Drain. (Bacon, stew and vegetables can be prepared 1 day ahead. Cover separately and refrigerate.)
- Heat 2 tablespoons reserved bacon drippings in large skillet over medium-high heat.
- Add mushrooms; sauté until golden brown, about 6 minutes.
- Add pearl onions to mushrooms; sauté until onions are golden, about 4 minutes.
- Add carrots; cook until heated through, about 3 minutes. Season with salt and pepper. Bring stew to simmer, thinning with more broth, if desired. Stir bacon and 2/3 of vegetables into stew.
- Transfer to large bowl. Top stew with remaining vegetables.

## Nutrition Facts



**PROTEIN 17.23%** **FAT 68.52%** **CARBS 14.25%**

## Properties

Glycemic Index:54.64, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:39.79173902325%

## Flavonoids

Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg

## Nutrients (% of daily need)

Calories: 1019.6kcal (50.98%), Fat: 77.25g (118.85%), Saturated Fat: 31.59g (197.41%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 25.93g (9.43%), Sugar: 16.84g (18.71%), Cholesterol: 169.71mg (56.57%), Sodium: 917.4mg (39.89%), Alcohol: 0.52g (100%), Alcohol %: 0.09% (100%), Protein: 43.71g (87.43%), Vitamin A: 33202IU (664.04%), Vitamin B12: 6.29µg (104.86%), Selenium: 57.38µg (81.96%), Vitamin B6: 1.33mg (66.46%), Zinc: 9.43mg (62.9%), Vitamin B3: 11.73mg (58.66%), Phosphorus: 544.4mg (54.44%), Potassium: 1641.1mg (46.89%), Fiber: 10.2g (40.79%), Iron: 7.04mg (39.12%), Manganese: 0.76mg (37.98%), Vitamin B2: 0.59mg (34.72%), Copper: 0.59mg (29.28%), Vitamin B5: 2.71mg (27.06%), Folate: 104.68µg (26.17%), Vitamin B1: 0.37mg (24.89%), Vitamin K: 24.03µg (22.89%), Magnesium: 88.91mg (22.23%), Vitamin C: 16.24mg (19.69%), Calcium: 138.01mg (13.8%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.29µg (1.9%)