



Classic Boeuf Bourguignon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb bacon
- 1 Tbsp olive oil
- 2 lbs stew meat (like chuck or brisket)
- 2 cloves garlic roughly chopped
- 1 onion diced
- 3 sprigs thyme sprigs fresh
- 3 bay leaves
- 0.5 cup parsley chopped

- 2 cups pearl onions peeled
- 2 cups mushrooms halved
- 2 cups mushrooms halved
- 1 carrots peeled chopped
- 1 cup pinot noir chocolate brownies
- 2 cups beef broth
- 2 Tbsp flour
- 4 servings salt and pepper to taste

Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- stove
- slotted spoon
- dutch oven

Directions

- Preheat oven to 400
- In a large Dutch oven, heat olive oil over medium heat.
- Add bacon and saut for 2-3 minutes until cooked.
- Remove bacon with a slotted spoon and set aside.
- Dry beef with a paper towel so it will brown better. Increase heat to medium high and add beef to the bacon fat. Cook for 4-5 minutes until the outside has browned.
- Remove beef with a slotted spoon and set aside in a separate dish.
- Return heat to medium. Saut carrots, garlic, onions, parsley thyme and bay leaves for 2-3 minutes.

- Remove with a slotted spoon and set aside in a separate dish.
- Add pearl onions and mushroom to Dutch oven and saut until onions begin to brown and mushrooms become tender.
- Remove with a slotted spoon and set aside in the reserved bacon dish.
- Add beef back to the pot and dust with one tablespoon of flour. Toss to coat and sprinkle with salt and pepper.
- Place in the preheated oven for 4–5 minutes. This will add a nice coating to the beef.
- Remove pot from the oven and place back on the stove top.
- Add red wine and deglaze the pan.
- Pour in beef broth and bring to a simmer over medium heat.
- Add carrot, onion and spice mixture to the pot, reduce heat and simmer covered for one hour.
- After one hour add pearl onions, mushrooms and bacon to the pot. Continue to simmer until beef is tender, about an additional 30 minutes.
- With a slotted spoon remove solids and set aside. Increase heat and bring sauce to a rapid boil. In a small bowl mix together remaining tablespoon of flour with two tablespoons of sauce. Stir until smooth and no lumps remain.
- Add mixture to the pot and stir constantly until sauce thickens.
- Remove bay leaves and thyme sprigs, discard.
- Add solids back to the pot and stir to coat evenly.
- Serve warm over a bed of egg noodles or rice.

Nutrition Facts

PROTEIN 36.88% **FAT 49.14%** **CARBS 13.98%**

Properties

Glycemic Index:90.46, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:46.197391304348%

Flavonoids

Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 29.68mg, Quercetin: 29.68mg, Quercetin: 29.68mg, Quercetin: 29.68mg

29.68mg

Nutrients (% of daily need)

Calories: 746.94kcal (37.35%), Fat: 38.15g (58.69%), Saturated Fat: 12.14g (75.9%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 20.05g (7.29%), Sugar: 8.89g (9.88%), Cholesterol: 178.04mg (59.35%), Sodium: 1168.38mg (50.8%), Alcohol: 6.14g (34.09%), Protein: 64.42g (128.85%), Vitamin K: 130.46µg (124.25%), Selenium: 86.23µg (123.18%), Vitamin B3: 22.67mg (113.36%), Vitamin B6: 1.97mg (98.53%), Vitamin B12: 4.6µg (76.69%), Zinc: 11.03mg (73.52%), Phosphorus: 726.61mg (72.66%), Vitamin A: 3243.77IU (64.88%), Vitamin B2: 0.9mg (52.91%), Potassium: 1574mg (44.97%), Iron: 6.79mg (37.72%), Vitamin B1: 0.56mg (37.6%), Copper: 0.64mg (32.04%), Vitamin C: 25.38mg (30.77%), Vitamin B5: 3.04mg (30.44%), Folate: 97.58µg (24.4%), Magnesium: 94.93mg (23.73%), Manganese: 0.39mg (19.36%), Fiber: 4.37g (17.48%), Calcium: 112.02mg (11.2%), Vitamin E: 1.63mg (10.85%), Vitamin D: 0.42µg (2.79%)