



Mushroom and Burgundy Stew

READY IN



125 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 2 carrots chopped
- ☐ 2 ribs celery chopped
- ☐ 2 pounds crimini mushrooms halved
- ☐ 1 pound extra wide egg noodles
- ☐ 3 tablespoons flour
- ☐ 4 large cloves garlic sliced
- ☐ 2.5 cups half a bottle dry red

- ☐ 1 sprig marjoram dried fresh finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 medium onions chopped
- ☐ 4 ounces pancetta chopped
- ☐ 1 handful parsley fresh finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 cups mushroom stock
- ☐ 3 sprigs thyme leaves fresh leaves picked finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons worcestershire sauce

Equipment

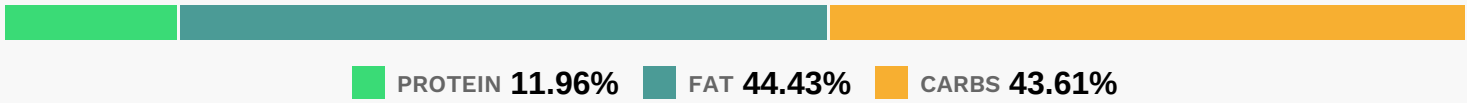
- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the extra-virgin olive oil in a large Dutch oven over medium-high heat, add the pancetta or bacon, if using, until crispy.
- ☐ Add the mushrooms and cook until brown and tender, about 15 minutes or so.
- ☐ Add the onions, carrots, celery, garlic, bay leaves, salt, pepper, marjoram, and thyme. Cook, covered, 10 minutes more, stirring occasionally, to soften the vegetables. Stir in the flour for 1 minute, then add the tomato paste and Worcestershire sauce.
- ☐ Add the wine and reduce by half, a couple of minutes, then add the stock and simmer to thicken a bit. Cool completely and store for make-ahead meal, reheat over medium heat to bubbly.
- ☐ While the stew simmers, bring water to a boil, salt it and cook off the egg noodles just before you're ready to serve.

- ☐ Drain them when they have a little bite to them and add back to the hot pot, stir togetherwith butter, salt, and parsley.
- ☐ Serve the noodles in shallow bowls with stew.

Nutrition Facts



Properties

Glycemic Index:133.96, Glycemic Load:41.44, Inflammation Score:-10, Nutrition Score:47.409130303756%

Flavonoids

Apigenin: 3.16mg, Apigenin: 3.16mg, Apigenin: 3.16mg, Apigenin: 3.16mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 1059.93kcal (53%), Fat: 53.38g (82.13%), Saturated Fat: 21.3g (133.13%), Carbohydrates: 117.89g (39.3%), Net Carbohydrates: 109.96g (39.98%), Sugar: 20.21g (22.45%), Cholesterol: 181.95mg (60.65%), Sodium: 1516.97mg (65.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.67%), Selenium: 162.13µg (231.61%), Vitamin A: 6746.22IU (134.92%), Vitamin B2: 1.64mg (96.21%), Copper: 1.61mg (80.46%), Manganese: 1.58mg (78.79%), Phosphorus: 787.16mg (78.72%), Vitamin B3: 13.43mg (67.13%), Potassium: 1960.14mg (56%), Vitamin B5: 5.3mg (53.01%), Vitamin B1: 0.64mg (42.95%), Vitamin B6: 0.83mg (41.52%), Vitamin K: 41.96µg (39.96%), Zinc: 5.97mg (39.77%), Folate: 132.05µg (33.01%), Fiber: 7.94g (31.75%), Magnesium: 124.69mg (31.17%), Calcium: 300.08mg (30.01%), Iron: 4.81mg (26.75%), Vitamin E: 3.68mg (24.54%), Vitamin C: 14.45mg (17.51%), Vitamin B12: 1µg (16.61%), Vitamin D: 0.68µg (4.54%)