



Sirloin Beef Burgundy: Boeuf Bourguignon

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 1.5 cups beef stock store bought
- ☐ 3 bouquet of fresh with kitchen string
- ☐ 12 blades chives fresh snipped finely chopped
- ☐ 12 ounces wide egg noodles cooked
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 cup pearl onions frozen drained
- ☐ 4 servings salt and pepper

- ☐ 2 pounds sirloin lean cubed trimmed
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 3 tablespoons butter unsalted divided
- ☐ 16 medium mushrooms white with damp cloth to clean, thinly sliced
- ☐ 1 cup burgundy wine

Equipment

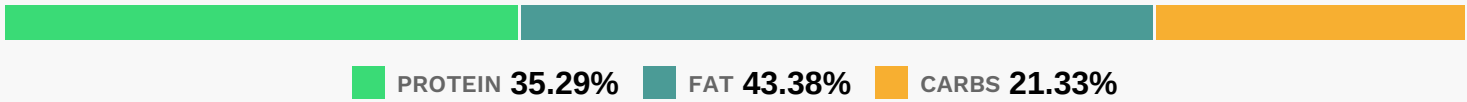
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat a large deep skillet with a heavy bottom and a lid over medium high heat.
- ☐ Add bacon to the pan and brown.
- ☐ Remove crisp bacon bits with slotted spoon.
- ☐ Add 1 1/2 tablespoons butter to the pan and melt into bacon drippings.
- ☐ Add mushrooms to the pan and turn to coat evenly with butter and bacon drippings. Season the mushroom slices with salt and pepper.
- ☐ Saute mushrooms 2 to 3 minutes and add onions to the pan. Continue cooking onions and mushrooms 2 to 3 minutes longer, then transfer to a plate and return pan to the heat.
- ☐ Add remaining butter to the pan and melt it, then add meat to the very hot pan and brown evenly on all sides, keeping the meat moving.
- ☐ Add flour to browned meat in the pan and cook the flour 2 minutes.
- ☐ Add wine to the pan slowly while stirring. When the wine comes up to a bubble and you have scraped up the pan drippings, add the stock and bouquet of fresh sage and thyme sprigs to the pot. Cover the pan. When the liquid boils, reduce heat to medium. Cook covered 5 minutes, remove lid and add mushrooms, onions and bacon back to the pot. Simmer with the cover off until sauce thickens a bit. Adjust seasoning and remove herb bouquet. Toss hot egg noodles with butter and herbs.

Place a bed of noodles in a shallow bowl and pour beef burgundy over the noodles and serve.;

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:15.38, Inflammation Score:-9, Nutrition Score:38.841304260751%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 742.3kcal (37.12%), Fat: 33.49g (51.52%), Saturated Fat: 15.53g (97.06%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 33.85g (12.31%), Sugar: 5.35g (5.94%), Cholesterol: 211.52mg (70.51%), Sodium: 628.01mg (27.3%), Alcohol: 6.24g (100%), Alcohol %: 1.23% (100%), Protein: 61.31g (122.61%), Selenium: 91.78µg (131.12%), Vitamin B3: 21.81mg (109.03%), Vitamin B6: 1.69mg (84.35%), Zinc: 10.97mg (73.13%), Vitamin K: 72.41µg (68.96%), Phosphorus: 687.29mg (68.73%), Vitamin B12: 2.92µg (48.61%), Vitamin B2: 0.72mg (42.27%), Potassium: 1426.33mg (40.75%), Iron: 5.9mg (32.79%), Vitamin B5: 3.04mg (30.38%), Copper: 0.58mg (29.13%), Manganese: 0.56mg (27.78%), Magnesium: 103.23mg (25.81%), Vitamin B1: 0.38mg (25.24%), Folate: 81.32µg (20.33%), Vitamin A: 944.6IU (18.89%), Vitamin C: 13.82mg (16.75%), Fiber: 3.2g (12.81%), Calcium: 118.43mg (11.84%), Vitamin E: 1.44mg (9.57%), Vitamin D: 0.78µg (5.23%)