

Boeuf Bourguignon (Beef Burgundy)



Ingredients:

- 2 lbs. beef stew meat (cubed)
- 1 bottle of red wine (Burgundy)
- 1 onion (chopped)
- 2 carrots (sliced)
- 2 cloves garlic (minced)
- 2 cups mushrooms (sliced)
- 4 slices bacon (chopped)
- 2 tablespoons tomato paste
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- 2 sprigs thyme
- Salt and pepper to taste

Preparation:

Marinate the beef in red wine with thyme for a few hours.

Remove the beef and pat dry. Reserve the marinade.

In a large pot, cook bacon until crispy. Remove and set aside.

Brown beef in the bacon fat, then add onions, garlic, carrots, and mushrooms.

Sprinkle with flour and stir. Pour in the reserved marinade and add tomato paste.

Simmer until the beef is tender, then stir in butter.

Preparation Time: 3 hours

Servings: 4

Calories (per serving): Approximately 500 calories.