



Beef Bourguignon

## Beef Bourguignon

**Prep:** 30 minutes **Cook:** 1¼ hours  
**Makes:** 6 main-dish servings

- 1 pound boneless beef chuck roast, cut into ¾-inch cubes
- 1 tablespoon cooking oil
- 1½ cups chopped onion (3 medium)
- 2 cloves garlic, minced
- 1½ cups Pinot Noir or Burgundy wine
- ¾ cup beef broth
- 1 teaspoon dried thyme, crushed
- ¾ teaspoon dried marjoram, crushed
- ½ teaspoon salt
- 2 bay leaves
- 3 cups whole fresh mushrooms
- 2 cups ¾-inch pieces carrot (4 medium)
- 1 cup pearl onions, peeled, or frozen small whole onions
- 2 tablespoons all-purpose flour
- 2 tablespoons butter or margarine, softened
- 2 slices bacon, crisp-cooked, drained, and crumbled
- 3 cups hot cooked noodles or 1 recipe Mashed Potatoes (page 587)

**1.** In a 4-quart Dutch oven brown half of the meat in hot oil; remove meat from Dutch oven. Add remaining meat, chopped onion, and garlic. Cook and stir until meat is brown and onion is tender. Return all meat to Dutch oven.

**2.** Stir in wine, broth, thyme, marjoram, salt, ¼ teaspoon *black pepper*, and bay leaves. Bring to boiling; reduce heat. Simmer, covered, for

45 minutes. Add mushrooms, carrot, and pearl onions. Return to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes more or until meat and vegetables are tender. Discard bay leaves.

**3.** In a small bowl stir together flour and butter to make a smooth paste; stir into meat mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Stir in crumbled bacon. Serve with hot noodles.

**Slow cooker directions:** Brown meat, chopped onion, and garlic in hot oil as above. In a 3½- or 4-quart slow cooker layer mushrooms, carrot, and pearl onions. Omit flour and butter or margarine. Sprinkle with 3 tablespoons quick-cooking tapioca. Place meat mixture on top of vegetables. Add thyme, marjoram, salt, pepper, and bay leaves. Decrease wine to 1¼ cups and beef broth to ½ cup; pour over meat. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours or until meat and vegetables are tender. Discard bay leaves. Stir in bacon.

**Per cup + ½ cup noodles:** 395 cal., 14 g total fat (5 g sat. fat), 87 mg chol., 436 mg sodium, 35 g carbo., 4 g fiber, 23 g pro.  
**Daily Values:** 210% vit. A, 12% vit. C, 6% calcium, 25% iron  
**Exchanges:** 2 Vegetable, 1½ Starch, 2 Lean Meat, 2½ Fat

## Broth Substitutions

*When a recipe calls for chicken or beef broth or vegetable stock, you can make your own using one of the recipes on pages 548 and 549. Or choose a store-bought variety, below.*

**Canned Broths:** Canned chicken and beef broth are ready to use straight from the can (low-sodium versions are available too).

**Bouillon:** Instant bouillon granules or cubes can be purchased in beef, chicken, or vegetable variety. Mix 1 teaspoon of granules, or 1 small cube, with 1 cup water.

**Condensed Broths:** Cans of condensed chicken or beef broth also are available. Dilute them for use according to the label directions on the can.