

Slow Cooker Beef Burgundy

Type: Entree Cuisine: French

Prep Time: 45 mins Cook Time: 6 hours Total Time: 6 hours 45 mins

Serves: 8 servings

Ingredients

- 2 pounds lean stewing meat (preferably chuck), cut into 2-inch cubes
- 2 tablespoons all-purpose flour
- 6 ounces bacon, chopped (divided)
- 1 large onion, sliced
- 2 garlic cloves, minced
- 18-24 pearl onions
- 1 pound mushrooms, quartered
- ½ cup water
- 2 medium carrots, sliced
- 3 cups red wine (Pinot Noir is great)
- 3-4 cups beef stock
- 1 tablespoon tomato paste
- Garnish: fresh thyme & chopped parsley, if desired
- ½ teaspoon black pepper
- 1 teaspoon thyme
- 2 bay leaves

Instructions

1. Heat a large non-stick skillet over medium-high heat. Toss together stewing meat and flour to coat evenly. Add 3-ounces of bacon to skillet and cook until lightly browned. Remove with a slotted spoon and add to slow cooker (Do not drain the grease). Return skillet to heat. Working in batches, brown beef on all sides. Remove browned beef and add to slow cooker.
2. Add remaining bacon to skillet and cook until lightly browned. Remove with a slotted spoon and add to slow cooker. Add onion, garlic, pearl onions, and mushrooms to skillet. Saute 3-5 minutes in bacon grease, until fragrant. Add to slow cooker. De-glaze the pan with water and add to slow cooker.
3. Add remaining ingredients to slow cooker. Cover, and cook on high for 4-6 hours. (The meat is done when a fork pierces easily).
4. Garnish as desired. Serve with warm bread and lovely salad!

Nutrition Information

Serving Size: ~1.5 cups Calories: 430 Fat: 14 g Carbohydrates: 19 g Sodium: 390 mg Fiber: 1 g Protein: 35 g
Cholesterol: 85 mg

Recipe by Jan Tilley & Associates; San Antonio Dietitian at <http://www.jtawellness.com/2017/12/slow-cooker-beef-burgundy/>