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## Burgundy Beef Stew (Boeuf Bourguignonne)

salt and pepper

1/8 cup flour

3 pounds beef chuck or round, cut into 1 1/2 cubes

1/4 pound sliced bacon

3 tablespoons ghee or coconut ghee oil

1 medium onion, chopped (about 1 1/2 cups)

1 carrot, chopped (about 2/3 cup)

1 celery stalk, chopped (about 2/3 cup)

2 garlic cloves, pushed through a press or chopped

2 cups dry red wine

2 cans (14 1/2 ounces each) reduced sodium beef broth

1 bay leaf

1/2 pound button mushrooms, quartered

1 tablespoon fresh thyme, chopped

1 tablespoon fresh parsley, chopped)

Season beef cubes with salt and pepper. Spread flour in a baking dish and lightly coat cubes, tapping to remove any excess. In a large stock pot (or Dutch oven) over medium heat, cook bacon until crisp. Remove bacon, crumble, and set aside. Add oil to remaining bacon fat in pot. Over medium-high heat, brown beef cubes in batches. Remove beef from pot, and add onion, carrot and celery and sauté over medium heat for about 8 minutes, or until softened. Add garlic and cook for another 30 seconds, until aroma is released. Pour in wine and increase heat to high. Boil wine until reduced to 1 cup, about 5 minutes. Return beef and accumulated juices to pot. Pour in beef broth and add bay leaf. Reduce heat to low, cover partially and simmer 2 hours. Add mushrooms, thyme and parsley and continue cooking for another 30 minutes, until beef is fork-tender and sauce has thickened. Remove bay leaf, and serve with crumbled bacon.

*Adapted from Atkins Diet*