

Beef Burgundy

Sue Polacek

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

*3 tablespoons vegetable oil
2 pounds beef chuck, cubed
2 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1 cup beef broth or bouillon
1 cup burgundy wine
1 can (3 ounce) mushrooms, drained
1 can (8 ounce), drained*

Heat the oil in a three-quart Dutch oven and brown the meat well on all sides. Stir in the flour, salt, pepper and thyme. Mix well, scraping the bottom of the pan. Pour the beef broth and wine over the meat and stir.

Bake, covered, for two and one-half hours.

Cool slightly and refrigerate overnight.

Remove from the refrigerator about one hour before serving time.

Preheat the oven to 325 degrees.

Remove the cover from the beef and add more broth and wine, if necessary (in equal parts). Stir in the mushrooms and onions. Cover.

Bake for 35 minutes.

Serve over wide, flat noodles.

Beef Burgundy does not have to be made overnight, but this allows the flavors to develop and improves the taste.

Per Serving (excluding unknown items): 579 Calories; 46g Fat (72.2% calories from fat); 36g Protein; 3g Carbohydrate; trace Dietary Fiber; 131mg Cholesterol; 647mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 6 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	579	Vitamin B6 (mg):	.7mg
% Calories from Fat:	72.2%	Vitamin B12 (mcg):	5.9mcg

% Calories from Carbohydrates:	2.3%
% Calories from Protein:	25.5%
Total Fat (g):	46g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	131mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	36g
Sodium (mg):	647mg
Potassium (mg):	617mg
Calcium (mg):	20mg
Iron (mg):	4mg
Zinc (mg):	8mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	4IU
Vitamin A (r.e.):	1/2RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	21mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 579 **Calories from Fat:** 418

% Daily Values*

Total Fat 46g	70%
Saturated Fat 15g	77%
Cholesterol 131mg	44%
Sodium 647mg	27%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 36g	
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Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	24%

* Percent Daily Values are based on a 2000 calorie diet.