

Beef Burgundy with Sour Cream Spuds

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 6

1 (3 pound) beef chuck roast, cut into
1-1/2-inch pieces
2 packages (4 ounce ea) fresh gourmet
mushroom blend
3 cloves garlic, finely chopped
1 cup beef-flavored broth
1 cup dry red wine
1/4 cup all-purpose flour
1 tablespoon fresh rosemary leaves,
chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 bag (24 ounce) refrigerated mashed
potatoes with skins
1/3 cup sour cream
fresh rosemary sprigs (if desired)

Preparation Time: 10 minutes

Spray a five-quart slow cooker with cooking
spray.

In the slow cooker, mix the beef, mushrooms
and garlic.

In a medium bowl, mix the broth, wine, flour,
rosemary, salt and pepper with a wire whisk until
blended. Pour over the beef mixture.

Cover and cook on LOW heat setting for ten
hours or until the beef is tender and the sauce is
thickened.

Heat the mashed potatoes as directed on the
package. Stir in the sour cream.

Serve the beef with the mashed potatoes.
Garnish with rosemary sprigs.

Start to Finish Time: 10 hours 10 minutes

Per Serving (excluding unknown
items): 550 Calories; 38g Fat
(66.8% calories from fat); 37g
Protein; 6g Carbohydrate; trace
Dietary Fiber; 137mg Cholesterol;
324mg Sodium. Exchanges: 1/2
Grain(Starch); 5 Lean Meat; 0
Vegetable; 0 Non-Fat Milk; 4 1/2
Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	550	Vitamin B6 (mg):	.7mg
% Calories from Fat:	66.8%	Vitamin B12 (mcg):	5.9mcg
% Calories from Carbohydrates:	4.6%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	28.7%
Total Fat (g):	38g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	137mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	37g
Sodium (mg):	324mg
Potassium (mg):	672mg
Calcium (mg):	38mg
Iron (mg):	5mg
Zinc (mg):	8mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	109IU
Vitamin A (r.e.):	31RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	24mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	28
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 550	Calories from Fat: 367
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% Daily Values*

Total Fat 38g	59%
Saturated Fat 16g	80%
Cholesterol 137mg	46%
Sodium 324mg	13%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 37g	
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Vitamin A	2%
Vitamin C	1%
Calcium	4%
Iron	25%

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