

## Beef Burgundy



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core  
small mixing bowl

**Rate** ★★★★★

### Recipe:

### Contributed By:

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Contributing Recipe Editor

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2 pounds  
boneless beef chuck roast, cut into 1 ½ inch cubes  
(907 g)  
3 slices  
bacon, cooked and crumbled  
10 ¾ ounces  
beef consommé  
(320 mL)  
1 tablespoon  
quick cooking tapioca  
(10 g)  
½ pound  
fresh mushrooms, sliced  
(227 g)  
2 cups  
frozen peas  
(268 g)  
½ cup  
burgundy wine or beef broth  
(120 mL)  
¼ cup  
all-purpose flour  
(30 g)  
⅔ cup  
cold water  
(160 mL)  
salt and pepper to taste

**Directions:**

1. Preheat MP5 temperature probe to 375°F/190°C. Place beef in MP5. Stir and brown on all sides, approximately 7 minutes. Drain off any grease (can use baster to remove grease).
2. Add bacon, beef consommé, onions, carrots, celery, tomato paste, garlic, thyme, salt, pepper, bay leaf, Worcestershire sauce and tapioca. Cover and reduce heat on temperature probe to 175°F/80°C and cook for 6 - 8 hours, beef should be extremely tender.
3. Add mushrooms, peas and wine. If consistency needs to be thickened, combine flour and water in a small bowl and whisk until smooth. Add mixture into MP5. Place temperature probe to 200°F/90°C to let stew simmer and juices thicken for approximately 10 minutes.
4. Discard bay leaf. Add salt and pepper to taste.

**Tips:**

- Serve over mashed potatoes or noodles.

Nutritional Information per▼ Serving

**Calories:** 499  
**Total Fat:** 34g  
**Saturated Fat:** 14g  
**Cholesterol:** 89mg  
**Sodium:** 551mg  
**Total** 18g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 6g  
**Protein:** 27g