

Beef Burgundy



Makes:

8 servings

Utensil:

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

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2

pounds

boneless beef chuck roast, cut into 1 ½ inch cubes
(907

g)

3

slices

bacon, cooked and crumbled

10³/₄

ounces

beef consommé

(320

mL)

1

onion, strung, use Cone #2

4

carrots, sliced, use Cone #4

3

celery ribs, sliced, use Cone #4

1

tablespoon

tomato paste

(16

g)

2

cloves

garlic, shredded, use Cone #1

³?₄

teaspoon

dried thyme

(1

g)

¹?₂

teaspoon

salt

(3

g)

¹?₂

teaspoon

black pepper

(1

g)

1

bay leaf

1

tablespoon

Worcestershire sauce

(15

mL)

1

tablespoon

quick cooking tapioca

(10

g)

¹?₂

pound

fresh mushrooms, sliced

(227

g)

2

cups

frozen peas

(268

g)

¹?₂

cup

burgundy wine or beef broth

(120

mL)

¹?₄

cup

all-purpose flour

(30
g) ²?₃

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 Carbs:

18g

Dietary Fiber:

4g

Sugar:

6g

Protein:

27g

